

Instant Pot Lamb Shanks

Lamb shanks marinated in a spiced tomato paste, seared, then pressure-braised with red wine, aromatics and herbs until falling off the bone, finished with a silky strained gravy.

PREP	COOK	TOTAL	SERVES
15 min	60 min	1 hr 30 min	3

INGREDIENTS

MARINADE

2 tbsp olive oil

2 tbsp tomato paste

1 tsp paprika

1 tsp Italian seasoning

1 tsp cumin or coriander seeds

1 tsp salt and pepper

SHANKS & BRAISE

3 lamb shanks, trimmed of excess fat

2 tbsp olive oil

1 large onion, diced

2 carrots, diced

2 ribs celery, diced

2 mild chillies, diced (optional)

2 large cloves garlic, roughly chopped

1 cup dry red wine (inexpensive is fine)

1 cinnamon stick

2 sprigs fresh rosemary

2 sprigs fresh thyme

2 bay leaves

2 cups chicken broth

GRAVY

1 tbsp cornstarch

1 tbsp water

METHOD

MARINATE

- 1 Whisk the marinade ingredients into a paste in a large bowl, then turn the shanks through it until thoroughly coated.

COOK THE SHANKS

- 1 Press sauté twice for the medium setting and heat the oil until the display reads HOT. Sear the shanks meat-side down, turning until browned all over — work in batches with extra oil if the pot is crowded.
- 2 Move the shanks to a plate and tent with foil.
- 3 Sauté the onion, carrot, celery, chilli (if using) and garlic for 5–7 minutes, stirring often, until softened. Pour in the wine and let it reduce briefly.
- 4 Return the shanks to the pot with the cinnamon stick, rosemary, thyme and bay leaves.
- 5 Scrape in any leftover marinade, then pour the broth down the side of the pot so it doesn't rinse the seasoning off the meat.
- 6 Lock the lid, set the valve to sealing, and pressure cook on high for 60 minutes. Allow 10–15 minutes to come to pressure, and let the steam release naturally at the end.
- 7 Open the lid carefully and move the shanks to a plate; tent to keep warm.

FINISH THE GRAVY

- 1 Strain the braising liquid through a mesh sieve, pressing on the vegetables, and return it to the pot. On sauté, bring to a simmer, whisk in the cornstarch slurry until glossy and thickened, then season to taste.
- 2 Serve the shanks over mashed potatoes with plenty of gravy and a scatter of fresh herbs.

NOTES

A full natural pressure release keeps the meat tender — don't quick-release.

Leftovers keep 3–4 days refrigerated; reheat gently in the gravy.

Per serving — Calories: 531 kcal · Carbs: 19 g · Protein: 42 g · Fat: 26 g · Sodium: 1633 mg · Fiber: 4 g · Sugar: 6 g

Adapted from Little Sunny Kitchen · <https://littlesunnykitchen.com/instant-pot-lamb-shanks/> · Potbelly, typeset