

## **Scottish Boiled Lamb Shanks**

4 - 5 lamb foreshanks  
2 cloves garlic, sliced  
1/2 tsp. thyme  
2 tsp. salt  
1/2 tsp. pepper  
1 bay leaf  
4 onions, peeled, cut in half  
10 - 12 cups water

Always served with a caper sauce.

Place all the ingredients in a large saucepan. Bring to a fast rolling boil. Cover and simmer over low heat for 2 hours or until meat is tender.

Make the caper sauce as follows. Melt 2 tablespoons butter in saucepan, add 2 tablespoons flour, stir together until well blended. Remove from heat, add 2 cups of cooking broth passed through a strainer. Stir constantly over medium heat until sauce is creamy. Add 1 teaspoon fresh lemon juice and 3 to 4 tablespoons capers. Taste for seasoning. Serve hot over meat and boiled potatoes.

**Serves 6.**