

St. John offers CPR workshop

Ever wonder how you would react if you were called upon to save another person's life? February is Heart month and St. John Ambulance wants everyone to be equipped with the right knowledge and learn how to do CPR.

In honour of Heart month St. John Ambulance is launching a campaign to equip as many people as possible with vital first aid skills by offering free 1-hour CPR workshops intended to cover some of the basics of CPR, on Saturday, Feb. 23, 2-3 p.m. at Georgetown Market Place.

Please note this is a workshop and not a certification course. If you are interested in attending you must reserve your spot ahead of time. Please call 905-469-9325 to register.

For more information on training courses and volunteer opportunities visit www.sja.ca or call 905-469-9325.

What's Cookin': A romantic dinner

Happy Valentine's Day! Here is a recipe that would be perfect for this weekend. It takes a bit of time, so not the easiest choice on a workday. You can make it in a crockpot, probably would take about 8 hours to cook, you would still have to brown the lamb and then the lamb and tomato paste first.

Since I don't know what size of pan you are using to cook these shanks in, I'm not sure exactly how much liquid you will need. But follow the recipe and check that the liquid comes about two thirds the way up the meat and add more liquid as needed (at the beginning). Do not add more liquid as it cooks, because we actually want the liquid to thicken and reduce as time passes.

Use a great wine. The better the wine, the better the sauce. And when I say great, I mean whatever is great for you. If a really special wine for you is \$100 a bottle, then that's what you should use. If a really special wine for you is \$15 a bottle, then that is what you should use. It's all subjective. But the quality of the wine makes a big difference. Whoever saves up their cheap, nasty wine to cook with is an idiot - why would you ruin the wonderful ingredients you just bought with a wine you don't like? Makes no sense.

When you serve this lamb, serve with something really simple for side dishes. You want the lamb to be the star of the show. Either mashed potatoes or polenta would be perfect, with some simple green beans or carrots. And a crusty loaf of bread, so that you can catch all the extra sauce on your plate!

Have fun and keep cooking!

Lori Gysel & Gerry Kentner



- Serves 6*
- ## Ingredients
- 6 lamb shanks
 - coarse salt and freshly ground black pepper
 - One half cup tomato paste
 - 2 tbsp vegetable oil
 - 1 large Spanish onion, diced
 - 3 carrots, diced
 - 3 stalk celery, diced
 - 6 cloves garlic, coarse chop
 - 2 cups good quality dry red wine
 - 2 cups beef broth
 - 1 can condensed beef broth
 - 6 stems fresh thyme
 - 1 bay leaf

Method

1. Preheat oven to 400 degrees F.
2. Salt and pepper lamb shanks. Place in a roasting pan. Place in oven (uncovered) and roast lamb, turning regularly until browned on all sides (approx 20 minutes).
3. Remove from oven, spread tomato paste over lamb shanks and place back in oven until tomato paste is dark brown (but not black), approximately 15 minutes. Remove from oven and set aside.
4. Meanwhile, in a large fry pan, heat oil. Cook onion, carrot, celery in small batches until all vegetables are softened and slightly brown. Just before last batch is done, add garlic and cook for 1 minute. If there are any

Braised Lamb Shanks



sticky vegetable bits left on the bottom of the frying pan, use a bit of broth in the pan to scrape them up with and then pour into pan with lamb.

5. Add cooked vegetables, wine, both broths, thyme and bay leaf. The liquid should cover at least two thirds the way up the lamb. If there is not enough liquid, add more wine or broth.

6. Cover roasting pan and cook at 325 degrees F. for 3 hours, or until meat is very tender. Half way through cooking, turn meat over.

7. Once meat is tender, remove meat from pan and set aside. Remove thyme and bay leaf. Using an immersion blender, puree the vegetables into the liquid. Taste, add salt, pepper and chopped fresh thyme to taste. Place meat back in sauce.

8. For best results, refrigerate overnight and reheat the next day in the oven (covered) at 325 F for 1 hour. Serve with mashed potatoes or polenta.

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Greg Paluch
Broker

Dir: 416-857-0775

Bus: 905-877-5211

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