



LAMB BRAISED WITH ARTICHOKE AND EGG-LEMON SAUCE

(Arni me Anginares Avgolemono)

This is one of the classics of the Sunday family table, especially in spring, when artichokes are in season.

1/4 cup Krinos Extra Virgin Olive Oil
1 leek, trimmed, washed well, and cut into thin rounds
2 medium carrots, peeled and cut into thin rounds
1 garlic clove, peeled and minced
6 large lamb shanks
1 small celery root, trimmed, peeled halved, and sliced thin
1 cup dry white wine
1 1/2 cups chicken broth
1 14-ounce can artichoke hearts, rinsed and drained
1/2 cup chopped fresh dill
1/4 cup chopped fresh parsley
1/2 cup water
2 eggs
Juice of 1-2 lemons

Heat olive oil in a large casserole or Dutch oven, and sauté the leeks and carrots until soft. Add the garlic and stir for one minute. Add the lamb to the pot and brown, turning on all sides. Add the celery root, wine, and chicken broth, cover pot, and simmer over low-medium heat for one hour.

Add the artichokes, dill, and parsley, season with salt and pepper, and continue cooking 15 more minutes.

Using an electric mixer beat together the eggs and lemon juice until frothy. Slowly add a ladleful of the pot juices to the egg mixture, beating all the while, and pour the mixture back into the pot. Reduce heat to very low, and stir for a few minutes until thick. Do not boil. Let stand for 5 minutes and serve.

Yield: 6-8 servings