

Moroccan Lamb Shanks



Ingredients

8 Lamb Shanks, Frenched
2 Tbsp olive oil
½ cup plain flour seasoned with salt and pepper
2 Cinnamon Sticks
1 cup chopped dates
2 cups tomatoes cooked and peeled
1 cup red wine
2 onions chopped
Chopped pumpkin (around 2 cups)
Chicken stock (enough to cover)
2 teaspoons Herbies Garam Masala (fennel, cinnamon, cloves, caraway)
available from Bent on Food
4 cloves garlic chopped

Method

Preheat oven to 150*c. Heat olive oil in heavy based pan over medium heat.

Coat lamb shanks with seasoned flour and shake off excess.

Place lamb in pan and cook, turning often until browned

Add onion and garlic and saute until softened.

Place lamb and onion mix in oven with all other ingredients apart from pumpkin.

Cook for 4 hours until meat beginning to become tender.

Add chopped pumpkin and cook for 1 hour or until pumpkin is soft and lamb is falling away from bone.

Skim off any fat from top of pan

Serve with mashed potato.

Can also be removed from the bone and placed in ramekins, topped with puff pastry and cooked under grill for a great Moroccan style pie.