

Middle Eastern Lamb Shanks

✕ The figs provide a burst of sweetness ✕

Ingredients:

- 6 lamb shanks
- 3 onions quartered (or 12 Eschalots)
- 8 cloves garlic, crushed
- 1 teaspoon ground cumin
- 1 cinnamon quill
- 4 star anise
- 1 orange, zest peeled into strips
- 2 tablespoons tomato paste
- 3 tablespoons pomegranate molasses
- 1L chicken stock
- 6 dried figs, halved
- 200g pearl couscous
- 30g natural almonds, roasted

Method:

Preheat oven to 160C.

Add lamb shanks, onions, garlic, spices and orange zest, tomato paste, pomegranate molasses, stock and figs to slow cooker and cook on low heat for 4-6 hours until meat starts to pull from the bone. (or 2 hours in oven)

Half an hour before lamb is cooked, cook pearl couscous in a saucepan of boiling salted water for 15 minutes or until almost tender. Drain and keep warm.

Skim off excess fat from shank cooking liquid, scatter with almonds, then serve shanks and liquid with pearl couscous.

Previous recipes: Shakshuka, Puttanesca, Asian Styled Omelette, Hot Wings, Almond Cake, Thai Spiced Chicken Meat Balls, Pork Marinade, Mushroom Steak Sauce, Hamburgers, Brownies, Tomato Meatball Casserole, Vanilla Slice, Blondies, Chinese Beef Ribs, Tuna Mornay, Fudge Top Pudding, Chicken and Mushroom Pasta, Quiche, Spring Rolls, Satay Chicken, Pancakes, Mousse Cake, Pulled Chicken wraps, Potato and Beans. If you've missed any, let me know and I can get you a new copy.

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