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*by Jade Marchette*

## Jade's Exotic Lamb Shanks



## Ingredients

6 lamb shanks  
250g flour  
1/2 cup olive oil (add more if required)  
2 tomatoes - chopped  
3 cups of tomato puree  
2 orange pepper - chopped and sauteed  
2 red pepper - chopped and sauteed  
2 orange pepper - chopped and sauteed  
1 can mushrooms - halved and sauteed  
4 onions - chopped big and sauteed  
2 cloves garlic - halved and sauteed  
4 green chilies - chopped and sauteed  
2 tbsp ginger and garlic paste  
1 tsp sugar  
1 tbsp balsamic vinegar  
6 bay leaves  
1 tsp each of dried herbs - oregano, thyme and rosemary  
3 cups vegetable stock  
Sea salt and freshly ground black pepper to taste

## Preparation

- 1 First chop and saute the peppers, tomatoes, onions, mushrooms, garlic pods and chilies.
- 2 Then in a processor roughly blend the chopped and sauteed ingredients with the sugar and the ginger and garlic paste.
- 3 Once that's done, roll each lamb shank in the flour - be sure to shake off the extra flour.
- 4 Then heat the olive oil in a large pan.
- 5 Place the lamb shanks in the heated oil and allow them to get brown on all sides.
- 6 After that add the roughly processed ingredients along with the bay leaves, dried herbs and tomato puree.
- 7 Allow the lamb shanks and the rest of the ingredients to infuse together in the pan for a few minutes.
- 8 Then add in the stock and balsamic vinegar.
- 9 Season with salt and pepper.
- 10 Following that cover the pan with a lid.

- 11 Cook for about 3 to 4 hours – just til you can make out the meat is soft and is falling off the bone.
- 12 Once done. Let the shanks sit for about 10 minutes in the pan.
- 13 Then serve the shanks with garlic and herb mashed potatoes...and enjoy!

### **Cooks Note**

If you feel the sauce is more, then remove the lid of the saucepan 3 hours into cooking the lamb shanks. You can even increase the heat a little bit at this time.

Another idea – thicken the sauce by adding some cornstarch to the sauce.

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