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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.