



Posted on 2 January 2013
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Moroccan Lamb Shanks



Ingredients

- Olive oil
- 4 French-trimmed lamb shanks
- 2 red onions, thinly sliced
- 2 garlic cloves, crushed
- 1tsp. paprika
- 1tsp. cumin
- ½ tsp. coriander
- 1/8 tsp. cinnamon
- 1/8 tsp. nutmeg
- 1/8 tsp. ground cardamom
- 1/8 tsp. ground cloves
- 1 can crushed tomatoes
- 8fl oz. beef stock
- 1 can chickpeas, drained, rinsed
- 3oz. baby spinach

Preparation

- 1 Preheat oven to 170°C.
- 2 Heat the oil in a fryingpan and brown the lamb shanks on all sides.
- 3 Transfer the shanks to a casserole dish.
- 4 Reduce the heat on the stovetop and add the onion, garlic and spice mixture to the pan, sauté for a few minutes until soft.
- 5 Add the tomatoes and beef stock and bring to a boil.
- 6 Pour the sauce over the lamb and cover the dish with foil.
- 7 Cook in the oven for an hour and a half.
- 8 Stir in the chickpeas and cover and cook for a further thirty minutes.
- 9 Remove the lamb from the oven and stir in the baby spinach.
- 10 Season to taste and serve with potatoes, polenta or cous cous.

Cooks Note