

Lamb Shank Curry

This recipe will fill the kitchen with amazing aromas that will have you licking your lips till it's time to eat. Great for when you don't want to spend too much time by the stove, brown the lamb, cook the onions, add the rest and then let the oven do its thing.

Low and slow will result in super tender fall off the bone lamb and a beautiful aromatic curry sauce.



Serves: 4

Prep Time: 10 minutes

Rest/Marinate Time: 0

Cooking Time: 3 hours 30 minutes

Ingredients

- 4 lamb shanks. If you get it from the butchers ask them to French trim the shanks.
- 1 tsp of mild chilli powder.
- 1 tsp of turmeric.
- 1 tsp of ground coriander.
- 4 cardamom pods, cracked.
- 1 heaped tablespoon of garam masala.
- 2 tbsps mango chutney.
- 3 x 400g cans of plum tomatoes.
- 1 x 400g can of coconut milk.
- 2 large onions, cut in half and finely sliced.
- 2 tbsps of garlic ginger paste.



Find this recipe on page 98 of [my book](#).

Method

- In a large ovenproof dish over a very high heat add a splash of oil and brown the lamb on all sides. If need be, do this in 2 batches. When the lamb is nicely coloured remove and set to one side.
- Turn the heat right down to the lowest setting, add another splash of oil and cook the onions for around 20 minutes with a pinch of salt. Add the minced garlic and ginger paste and cook for 5 minutes.
- Next, add all the spices to the onions and cook for another minute. The kitchen will instantly fill with the aromas of India that we all love, thanks to the beautiful spices.
- Now all the onions and spices have got to know each other. It's time to add the tin tomatoes, coconut milk and mango chutney. Give it all a good stir, season and return the lamb to the dish. Bring to the boil then place into a preheated oven set at 160°C with a lid on. Leave a gap for the curry to breath and let it do its thing for 3 hours or till the meat is super tender and falling away from the bone. Once the lamb is done take out of the oven and allow to rest while you make the rice to go with it.
- Divide the lamb and curry sauce among 4 plates, garnish with fresh coriander, toasted flaked almonds and a nice dollop of yoghurt. Serve with the rice, a mountain of poppadoms, some flatbreads and enjoy with a cold beer or whatever your favourite curry tippie is.