Indian Braised Lamb Shanks

8 Lamb Shanks (8-9 lbs)  
1 cup chopped carrots  
1 large onion, chopped  
1 cup chopped celery  
6 cloves garlic, minced  
2 bay leaves  
28 oz can San Marzano tomatoes  
2 whole star anise  
¼ cup olive oil  
4 cups beef stock  
2 cups white wine  
2 tablespoons curry powder  
1 tablespoon red chili flakes  
4 tablespoons garam masala  
Salt & pepper

Preheat oven to 325°
Season lamb with salt & pepper. Heat olive oil in large Dutch oven. Brown lamb shanks in olive oil on all sides (about 12 minutes). Remove from pan and transfer to a large bowl.

Add carrots, onions, celery and garlic to the pan and sauté until light brown (about 12 minutes). Add curry powder and stir well. Add tomatoes, broth, wine and 2 tablespoons of garam masala. Add lamb shanks. Bring to a simmer and cover tightly.

Braise lamb for 2 ½ hours.

Remove lamb shanks from the pan onto a platter and cover with foil. Turn up the heat and reduce sauce to about 2 ½ cups – about 45 minutes.

Add the remaining 2 tablespoons of garam masala and stir well. Return lamb to the pan to reheat.

Serve the lamb shanks with couscous (or your starch of choice).

Eat!