



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!