

# Braised Chinese Lamb Shanks



Feel the warmth of hearty lamb shanks with the exotic spices and flavours of China.

*Recipe supplied by Australian Lamb.*

## **Ingredients**

- 4 lamb shanks
- 1/4 tbsp olive oil
- 1/4 cup plain flour
- 2 tbsp Chinese 5 Spice powder
- 2 tbsp vegetable oil
- 4 cm piece fresh ginger
- 2 garlic cloves
- 2 green onions
- 1 large carrot
- 1 small dried chilli
- 2 star anise

2 tbsp light soy sauce

1 L salt-reduced beef stock

## **Method:**

1. Pat lamb dry with paper towel. Place flour and Chinese 5 spice in a large snap lock bag, add lamb and toss to coat.
2. Heat half the oil in a large casserole dish over medium-high heat and cook shanks, in 2 batches, if necessary, for 6-8 minutes or until browned all over. Remove shanks from pan and set aside.
3. Add remaining oil to same casserole dish, heat over medium-low heat and add ginger and garlic. Cook for 1 minute. Add onions and carrots and cook for a further 2-3 minutes. Add chilli (if using), star anise, soy and beef stock.
4. Return shanks to the pan and bring to the boil, adding water, if necessary, to completely cover the shanks.
5. Reduce heat to a low simmer, cover and cook for 2 ½ -3 hours or until lamb is tender and falling off the bone.
6. Serve shanks with braising liquid and vegetables, Asian greens, rice, chilli, green onions and coriander.