

Moroccan Lamb Shank



A spiced lamb shank so tender it falls off the bone. Aromatic with hints of sweetness from apricots this is melt in your mouth goodness.

Ingredients

- 4 lamb shanks
- 1 tbsp ras el hanout or any moroccan seasoning mix
- 1 carrot, diced
- 1 large onion, diced
- 2 garlicks, crushed
- 2 celery stalks, diced
- 1/2 cup dried apricots
- 2 tomatoes, chopped
- 500 ml chicken/beef stock

Method:

1. Preheat oven to 170C

2. Massage lamb shanks with spice mix olive oil and season with salt and pepper. Let it marinate for at least an hour.
3. In a heavy based pan, heat a drizzle of olive oil over medium high heat. Cook Lamb shanks turning regularly, until browned all over 5-6 minutes. Remove from heat and transfer to a plate.
4. Wipe the pan down before adding another drizzle of olive oil into it, add the carrots, onions, garlic and celery and cook until softened, stirring occasionally. Return lamb shanks back in the pan, add the stock, dried apricots and the chopped tomatoes. Bring to a boil, cover with a lid and place in the oven for 1.5- 2 hours or until the shanks are tender.
5. Half an hour before the end, take the lid off and give it a stir before putting it back into the oven to brown and reduce.