

February Recipe

Lamb Shanks with Caramelised Onion Stew

This is an extremely popular dish in my house, as it is rich, sweet and tender. It is simple to make and rather satisfying to serve.

SERVES 4



4 lamb shanks
2 tbsp olive oil
50g / 2oz butter
2 large onions peeled and sliced
1 tbsp dark brown sugar
2 tbsp sherry vinegar
1 tsp ground ginger
5 cloves
1/2 tsp each ground turmeric, nutmeg, cumin and coriander
750ml / 1 1/4 pints lamb or chicken stock
1 handful each dried apricots, prunes, jumbo sultanas and pine nuts
Sea salt and freshly ground black pepper

Preheat the oven to 150°C / 300°F / Gas Mark 2.

Season the lamb shanks with salt and pepper. Heat the oil in a large pot with a lid, over a high heat. Brown the shanks on all sides, then put aside on a plate.

Reduce the heat and melt the butter in the pan. Gently fry the onions for about 20 minutes until soft and translucent. Stir in the sugar, vinegar

and spices and continue frying for 5–10 minutes, until nicely caramelised.

Stir in the stock, dried fruit and pine nuts. Nestle the shanks into the mixture on their sides and pop into the oven for 2 1/2 hours, turning the shanks halfway through the cooking. Serve with plain basmati rice tossed with plenty of chopped dill, and a crunchy salad.