

North African Lamb Shank

Step 1:

1 Cs Lamb Shanks, Atkins Ranch
season lamb shanks with salt and black pepper
roast in a 400° oven until brown

Step 2:

4 LB onion, large dice
2 LB carrots, large dice
1 LB fennel, large dice
1/2 cup olive oil
sauté vegetables in olive oil
add the below

Step 3:

2 cups garlic cloves
2 oz ginger, chopped fine
20 cardamon seeds, skin removed
pinch saffron
2 Tblsp chili flakes
3 Tblsp fennel seed
3 cinnamon sticks
5 Tblsp curry powder
6 Tblsp salt
2 Tblsp ground clove
2 Tblsp caraway seed
3 cups almonds
1 LB raisins
add seasonings and cook for 5 minutes
add the below

Step 4:

2 cans pear tomatoes
1 bottle white wine
dd browned lamb shanks and braise in a 400° oven until fork tender
(*approximately 2 hours*)