

Moroccan Lamb Shanks



Feeds: 2 - 4

Time to cook: about 2 hours

Oven temperature: Gas mark 4, 180OC, 350OF

Take

Lean lamb shanks or ½ shoulder of Lamb

Oil

Ground ginger

Ground cumin

Paprika

Cinnamon stick

Stock

Oranges

Potato

Aubergine

Make

Heat a large ovenproof pan with 5ml (1tsp) oil add 2 lean Lamb shanks or ½ lean Lamb shoulder joint and brown all over

Add to the pan the spices: 2.5ml (1/2 tsp) ground ginger, 5ml (1tsp) ground cumin, 2.5ml (1/2tsp) paprika, 1 cinnamon stick, broken in half and coat the meat

Add 150ml (1/4pt) lamb stock, juice from 1 orange, 1 orange cut into ¼'s, 1 large potato, peeled and cut into chunks, 1 small aubergine, cut into chunks and stir well

Cover and cook for approximately 2 hours until the lamb falls from the bone

Eat

Eat with couscous and a carrot slaw of grated carrot, coriander, parsley and chilli