

SLOW COOKED LAMB SHANKS

Serves 4

Prep time 15 minutes

Cooking time: 6-8 hours

Ingredients:

½ cup plain flour

¼ teaspoon ground cumin

½ teaspoon salt

¼ teaspoon ground white pepper

3 tablespoons olive oil

4 lamb shanks

2 brown onions, diced

4 cloves garlic, crushed

1 cup (250ml) red wine

2 cups (500ml) beef stock

2 cups orange juice and zest of 1 orange

¼ cup sultanas

2 bay leaves

1 cinnamon stick

½ cup chopped parsley

Method:

Combine flour, cumin, salt and pepper and place onto a flat plate or tray. Alternatively place ingredients into a zip-lock bag large enough to accommodate 1 lamb shank. Coat each shank with flour, shaking off any excess flour.

Heat half the olive oil in a large deep pan over medium high heat. Cook shanks for 3-4 minutes, turning frequently until brown on all sides. Remove and place into the bowl of the slow cooker.

Using the same pan, heat remaining oil and cook onions and garlic together until just softened. Stir in wine and bring to the boil. Continue boiling for a further 1-2 minutes or until the alcohol has cooked off. Pour into the slow cooker over the top of lamb shanks. Add stock, orange juice and zest, sultanas, bay leaves and cinnamon and stir briefly to mix. Make sure shanks are completely submerged.

Cover with lid and cook on LOW for 6-8 hours. The lamb should be buttery and soft and falling off the bone. Serve the shanks with couscous, swimming in sauce and topped with parsley.

Remove the lamb from the slow cooker and set in a warm place covered in foil. Taste the sauce to see if it needs any further salt added. If the sauce needs thickening at this stage, turn the cooker to the high setting and cook uncovered for around half an hour or until the sauce thickens slightly. If your lamb shanks were particularly fatty you may like to use a ladle to remove some of the fat off the top.

Cook's note:

I made this dish simultaneously in two different brands of slow cooker. It was very interesting just how differently the "low" settings were from one another. The cooking time varied by about 2 hours, as one cooker had a much lower heat than the other. It just brings home to me once again, how widely equipment (and ingredients, for that matter) can vary and how important it is to keep an eye out, taste as you go and use your own judgement.