

Kurumba Spiced Lamb Shank



what you need

- 4 John Penny lamb shanks
- 2 teaspoons ground pepper
- 1 teaspoon ground ginger
- 1 teaspoon turmeric
- 1 teaspoon ground coriander
- 1 carrot, peeled and roughly chopped
- 1 onion, roughly chopped
- 2 sticks celery, roughly chopped
- 8 garlic, cloves
- 1 vegetable stock cube made up to 600ml with boiling water
- 250g couscous
- 400ml boiling water
- Fresh coriander, roughly chopped
- 4 sprigs rosemary to garnish
- Freshly ground black pepper

Preparation: 1 hr 15 mins
marinade time

Cooking time: 60 mins

Serves: 4

how to cook

- 1 Combine all the spices on a large plate and rub them into the lamb shanks.
- 2 Cover and refrigerate for 3 hours to marinate.
- 3 Preheat the oven to gas 4, 180°C, fan 160°C, 350°F.
- 4 Place the vegetables, garlic and stock in the base of an ovenproof dish.
- 5 In a frying pan, brown the shanks then place them on top of the vegetables and cook in the oven for 1 hour.
- 6 Strain off the juices into a small saucepan and cook over a high heat until the juices have reduced down to a sauce like consistency.
- 7 To make the couscous place it in a heatproof bowl and pour over the boiling water, then leave to stand for 5 minutes.
- 8 Fork through to separate the grains and stir in the coriander then season to taste.
- 9 Serve the lamb shanks on a bed of couscous and vegetables with the gravy drizzled over.