

Lamb Shanks with Black Limes

An aromatic dish that has tender Lamb, which is rubbed with Downderry Spice Ras-El-Hanout and notes of Downderry Black Limes



Ingredients

- ☐ 2 tbsp Downderry Spice Ras-El-Hanout
- ☐ Zest of 1 Lemon
- ☐ 4 cloves of Garlic, grated
- ☐ 6 tbsp Extra Virgin Olive Oil
- ☐ 8 slices of Downderry Spice black limes soaked in water to just cover the limes
- ☐ 4 Lamb shanks (@1.5 kg)
- ☐ 2 cinnamon sticks
- ☐ 3 bay leaves
- ☐ 6 green cardamom pods
- ☐ 1 tsp Cumin seeds
- ☐ 2 red onions, chopped
- ☐ A Good Pinch of Saffron, soaked in 2 tbsp of warm water
- ☐ 1.5 Litres chicken stock
- ☐ A generous handful Fresh Parsley

Try serving this dish with flat breads or rice side of your choice

Instructions

- * Combine the Ras-El-Hanout, lemon zest, garlic and 2 tbsp of Olive oil.
- * Heat 2 tbsp of oil in a heavy duty casserole dish and sear the lamb for @5 mins then let cool down. Once cool rub the Ras-El-Hanout paste from previous step over the lamb and place in a fridge for at least an hour or overnight if possible.
- * When ready to cook, take lamb from the fridge and let rise to room temperature. Heat oven to 170c/150c fan/gas 3.
- * Heat remaining 2 tbsp of oil in casserole dish and on a medium heat gently sizzle the cinnamon, bay leaves, cardamom and cumin, then add the onions and cook until soft.
- * Add the lamb and fry for 1 min, then add the limes and saffron including the liquid and chicken stock.
- * Bring to the boil, cover then place in the oven and cook for @1.5 hours or until the lamb starts to fall of the bone.
- * When cooked and ready to serve sprinkle with the fresh parsley