



LAMB SHANKS BRAISED IN YOGHURT CARDAMOM SAUCE

Korma or slow braising in the classic Indian technique used to prepare lamb in Mogul cooking. There are several basic recipes, varying in spicing but essentially all Korma dishes are Ghee (Butter) Or Yoghurt/Cream braised meat dishes Perfumed with Mogul spices.

Ingredients

4 or 6 frenched Joe's lamb shanks

125g ghee or light vegetable oil

1 large brown onion sliced finely

1 tablespoon crushed garlic

1 tablespoon finely grated fresh ginger

50g slivered blanched almonds

1 teaspoon ground cardamom

1 tablespoon turmeric powder

1 teaspoon sea salt

Small pinch of each : ground cinnamon, cloves and white pepper

6 whole cardamom pods cracked open with back of knife

500g plain yoghurt

2 tablespoons finely chopped coriander leaves

2 green chillies seeded and minced (optional)

Milk or cream

Method

1. Heat 4 tablespoons of ghee in a heavy based pan and add onions. Over a medium heat fry the onions until scotch brown (15mins) stirring constantly to prevent burning.

2. Add garlic, ginger, almonds and fry until almonds are lightly coloured (5mins). Add ground cardamom, salt, pepper, turmeric, cracked cardamom pods and fry briefly to release flavours. Add half a cup of hot water to de-glaze pan.

3. Put the entire contents of the pan into the container of an electric blender. Add yoghurt, cinnamon, cloves and finely puree the mixture. Set aside.

4. Pat dry shanks with paper towel. Add more ghee to dry pan, maintain high heat and brown lamb shanks one at a time.

5. Place browned shanks in a baking dish, cover with the yoghurt sauce and tightly cover with aluminium foil.

6. Place baking tray in pre-heated 150 degree Celsius oven for 2-3 hours. Check frequently for moisture levels, top up with milk if necessary. Ready to serve when meat starts to fall off the bone.

7. Plate up and garnish with coriander leaves and green chillies. Serve with steamed Basmati rice infused with raw baby spinach leaves.