

MOROCCAN LAMB SHANKS

SOURCE: STAFFMEALS AT CHANTERELLE (Chef David Waltuck)

INGREDIENTS:

6 lamb shanks (about 1 lb each), trimmed of fat
1/4 C extra virgin olive oil 2 medium onions, coarsely chopped
3 large garlic cloves, minced 2 TBS fresh lemon juice
1 TBS kosher salt 2 tsp ground cumin
1 tsp ground coriander 1 tsp sweet Hungarian paprika
1 tsp saffron threads 1/2 tsp ground turmeric
1/4 tsp ground ginger 1 bottle (750 ml) dry white wine
2 C chicken stock or canned low-sodium chicken broth
2 cans tomato purée 6 bay leaves

DIRECTIONS:

Preheat oven to 500° F – rub shanks all over with 2 TBS oil – place in roasting pan – roast, turning shanks occasionally, till well browned (about 40 minutes) – pour off fat, leaving shanks in pan – set aside – reduce oven temperature to 375° F – heat remaining 2 TBS oil in medium heavy non-reactive saucepan over medium heat – add onions + garlic – cook, stirring occasionally till softened and lightly browned (6-8 minutes) – add lemon juice, salt cumin, coriander, paprika, saffron, turmeric + ginger – stir well to mix, then add wine, stock, tomato purée + bay leaves – bring to boil over high heat – remove pan from heat and pour mixture over shanks in roasting pan – cover tightly with aluminum foil – bake 1 hour.

Remove foil - reduce oven temperature to 350° F – continue cooking shanks till quite tender (meat should almost fall of bones) and sauce is reduced/thickened (about 1 hour more – if sauce hasn't thickened, pour into saucepan and bring to boil over high heat - reduce it till it's the proper consistency) - turn shanks in liquid occasionally as they cook - transfer shanks to serving platter or individual plates – remove/discard bay leaves – skim fat from sauce and adjust seasonings – spoon sauce over shanks and serve.

Serves: 6