

Moroccan Spiced Lamb Shanks

One of Mr. Slater's, thus far unadulterated by myself. A warm, cozy, comforting meal for dismal winter evenings.

Planning

serves:	2
prep time:	15 mins
cooking time:	3 hrs

Ingredients

2 lamb shanks
1 tbs flour
salt & pepper
olive oil
1 large aubergine, halved
lengthwise & thickly
sliced
3 medium onions, sliced
3 cloves garlic, sliced
1 tbs tomato purée
2 tsp harissa paste
1 stick cinnamon
1 tin (400g) plum tomatoes,
chopped

Method

Preheat the oven to 170°C/325°F/gas 3.

Season the flour with a few grindings of pepper and salt in a large polythene bag. Put in the lamb shanks, close the bag and agitate well to dust them all over with the seasoned flour. In a casserole that will just take the lamb comfortably, brown the shanks in a little olive oil over moderate heat. Remove the lamb to a plate.

In the same pan, brown the aubergine adding a little more oil as it gets absorbed. Remove the aubergine and reserve it along with the lamb.

Now put the onions and garlic into the pan and cook these together for about 5 minutes to get them soft and pale golden. Add a little more oil if necessary. Toss in the cinnamon stick, harissa paste and tomato purée, stir and cook for a minute, then add the chopped plum tomatoes (and all the can juices). Stir in about ½ tsp salt and return the lamb and aubergine to the pan. Top up with enough water almost to cover the lamb shanks. Agitate again to mix and bring the pan to simmering point. Cover with a tight fitting lid and braise in the oven for 2 - 2½ hours until the lamb is very tender and almost falling from the bones.

Lift the meat from the pan and simmer the juices on the hob to cocentrate the flavour. Taste and adjust the seasoning to your liking with salt, pepper and harissa if necessary.