

Spicy caramelised lamb shanks

Ingredients (serve 6):

- . 6 lamb shanks
- . 120g/4.23oz onions
- . 3 soupspoons honey
- . 6 cloves of garlic
- . 1 soupspoon thyme
- . 1 ½ teaspoons powdered ginger
- . 1 ½ teaspoons powdered cardamom
- . 1 ½ teaspoons powdered cumin
- . 1 or 2 glasses of water
- . Olive oil
- . Salt and pepper

Preparation time: 25 minutes

Cooking time: 2h10

Preparation

Mix the spices together.

Peel and chop the onions.

Fry the onions in the olive oil in a big cooking pot.

Remove the onions then brown the meat. Season.

Brush the shanks with honey then sprinkle the spices so that they stick onto each of them.

Put the lamb back into the pot.

Pour in 2 glasses of water. Add the garlic and thyme. Cover and allow to simmer over a low heat for 1 hour 45 minutes or 2 hours.

Check from time to time that there is always a little water and add some if necessary.

Remove the cover and increase the heat for 10 minutes to reduce the sauce. Remember to stir regularly.

Presentation

Place the lamb in the centre of the plate.

Delicious with good home-made mashed potatoes.



My cheese selection

MAROILLES

FRANCE - NORD COW

B&G



*«My favorite wine:
Châteauneuf-Du-Pape, concentrated and
spicy»*

TASTING NOTES

*Ripe fruit aromas on the nose
with toasted and licorice hints.
Rich and spicy on the palate.*