

# THE NEFF KITCHEN



For lovers of food and NEFF appliances.



## Moroccan lamb shanks

By Fransje Garland-Frost

Serves: 6

Cooking time: 3-4 hours

Prep time: 15 minutes

Function: CircoTherm® Eco

Cuisine: Mediterranean

### Ingredients

3 tbsp olive oil  
 6 Frenched lamb shanks  
 1 brown onion, chopped  
 1 leek, cut in half and then 1 cm sliced  
 3 clove garlic, crushed  
 3 tsp ground cumin  
 3 tsp ground coriander  
 2-4 tsp harissa paste, depending on taste  
 1 cinnamon stick  
 1 pinch saffron threads  
 125 ml white wine  
 Juice and rind from 1 orange  
 ½ cup dried apricots, halved  
 ½ cup pitted dates, halved  
 400g can diced tomatoes  
 250 ml chicken stock  
 2 tsp salt  
 Freshly ground black pepper  
 ¼ cup chopped fresh parsley  
 ½ cup coriander leaves  
 ¼ cup dukkha

Serve the lamb shanks with couscous and steamed green vegetables.

### Method

Preheat the oven on CircoTherm® Eco to 140°C. Place a wire rack on shelf level 2.

Heat half of the olive oil in a large heavy based flameproof casserole or baking dish. Cook half the lamb shanks until evenly browned all over. Repeat with remaining oil and lamb shanks. Set shanks aside.

Over a medium heat add the onion, leek and garlic and cook for 3 minutes or until onion is soft and golden. Add cumin, coriander, harissa, cinnamon and saffron and cook for 2 minutes or until fragrant. Add the white wine, orange zest and juice and continue to cook for a further 3 minutes.

Add the apricot, dates, tomatoes and chicken stock and bring to the boil. Return the lamb shanks and stir to combine all the ingredients. Cover the lamb shanks and then place in the oven. Cook for 3 – 4 hours or until the meat is tender and falling off the bone. Remove from the oven.

Carefully remove the shanks from the sauce. Over a medium heat on the cooktop, boil the sauce for 5-10 minutes to reduce and thicken. Skim excess fat. Return lamb shanks and cook for 5 minutes to ensure lamb shanks are heated through.

Garnish lamb shanks with parsley and coriander. Sprinkle with dukkha and serve.



## Notes

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This recipe is prepared with NEFF's CircoTherm® Eco. | We use Australian tablespoons and cups: 1 teaspoon equals 5 ml; 1 tablespoon equals 20 ml; 1 cup equals 250 ml. | All herbs are fresh (unless specified) and cups are lightly packed. | All vegetables are medium size and peeled, unless specified. | All eggs are 55–60 g, unless specified.