



# Moroccan Lamb Shanks



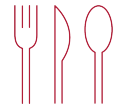
DIFFICULTY: EASY



PREPARATION TIME: 15  
MINUTES



COOKING TIME: 3-4 HOURS



SERVES: 6

## 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 [Circo Therm®](#) 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.

### For other popular lamb recipes try our:

- [Spicy slow roasted lamb shoulder recipe](#)
- [Lemon ginger lamb ribs recipe](#)
- [Middle Easter lamb pizza recipe](#)

## Notes

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### Things to remember when making Moroccan lamb shanks:

- Don't be shy on the spices, they are all important in making this a dish filled with flavour and character.
- Be sure to leave enough time for preparation, this recipe requires the lamb shanks to cook in the oven for 3-4 hours.

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