

käri

Kari Lamb Shanks

4 Lamb Shanks

2 tbsp Coconut oil or another cooking oil of choice

Garam Masala – 2 tbsp (an Indian spice blend, available in most supermarkets)

2 Onions, chopped

1 cup fresh or canned tomatoes, chopped

1 tbsp garlic paste

1 tbsp ginger paste

½ tbsp Turmeric

1 Tin/Can Coconut Milk

Chopped coriander to garnish



Method

Mix together the garlic & ginger pastes, turmeric & salt to taste. Rub this paste all over the lamb, cover & refrigerate for 4-5 hours or overnight.

Preheat the oven to 180 degree centigrade.

Heat oil in a casserole dish and fry the lamb shanks till light brown all over. Remove & keep aside.

In the leftover oil, sauté the chopped onions till golden brown, add tomatoes & continue sautéing till the tomatoes are cooked and the oil separates. Add the garam masala & cook for 1-2 minutes. Add the coconut milk and the lamb shanks. Top up with water to nearly cover the shanks. Cook for 10 minutes and then cover the dish tightly with a lid or foil and transfer to the oven for 1 and a half to 2 hours till the meat falls off the bone.

Garnish with some chopped coriander and serve with rice, naan or pita bread.