

Kashmiri style lamb shanks with aromatic pilau

6 x (300g each) lamb shanks, trimmed

Marinade

1 large knob ginger
4 cloves garlic
juice of 2 lemons
1 tbsp (20g) sea salt
1 tbsp each cumin & turmeric, crushed
1 tsp each cinnamon, black pepper, cardamom seeds (no husk)
3 small dried chillies, crushed
¼ cup (30g) each of soaked cashew & pistachio nuts, crushed

Vegetable Pilau

1 large onion, diced finely
1 clove garlic, chopped
1 tbsp (25ml) olive oil
1½ cups (300g) brown rice
2½ cups (600ml) vegetable stock
1 tsp sea salt
1 tsp garam masala (see below) or commercially made
2 carrots, diced
100g green beans, diced
½ red capsicum, diced
1 tbsp sultanas
10 raw almonds, soaked & cut in slivers

Garam masala (mix ingredients in blender until fine)

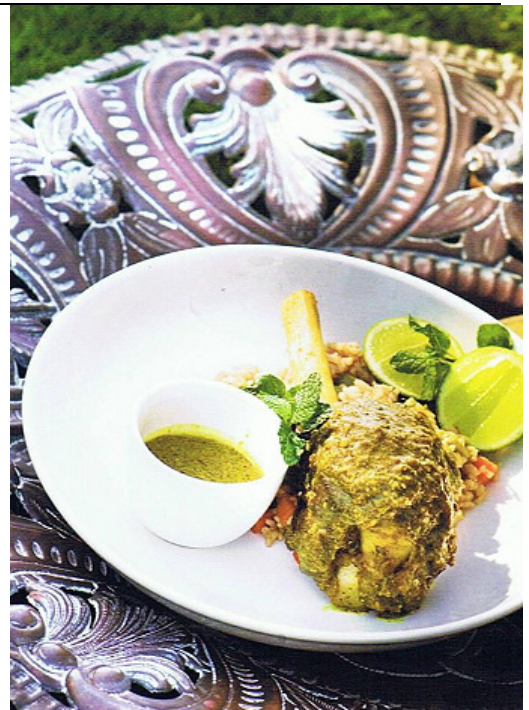
1 tbsp coriander seeds
1 tbsp cumin
1 tsp each black peppercorns, clove & cardamom
¼ tsp nutmeg
2 cinnamon quills

Mix all marinade ingredients together to a paste consistency and rub into the meat. Marinate for 24 hours. Place the shanks into a deep dish. Cover with some water or vegetable stock, and braise for 2 hours or until tender, in the oven at 170°C. Remove lid for the last 20 minutes to give the shanks some colour and replace liquid as required to keep them moist. Thicken liquid just slightly with a little corn or potato flour if necessary and check seasoning.

For Vegetables Pilau: sweat onion and garlic with oil, then add garam masala, vegetables, rice, salt, and sultanas. Add stock and simmer for approximately 25 minutes with a lid on until rice is done and all liquid is absorbed. Server with the almonds sprinkled over.

Serve lamb shanks with pilau, and sprinkle with some mint leaves, some raita and coconut chutney on the side.

Serves 6



Raita (mix ingredients)

100ml plain yoghurt
3 sprigs mint
¼ cucumber, diced

Coconut chutney (mix ingredients)

½ fresh coconut, grated
6 sprigs mint, chopped
¼ stick of lemongrass, finely chopped
juice of 1 lime