

## **Lamb Shank Curry**

### **Ingredients:**

- 4 Lamb Shanks.
- 3-4 Tbsp Vegetable Oil.
- 1 Large Onion, finely chopped.
- 1tsp each grated Garlic & Ginger.
- 3tbsp Curry Paste.
- 400g tin of Chopped Tomatoes.
- 500ml of Lamb Or Chicken Stock.
- 200ml Coconut Milk.
- Fresh Coriander Leaves, roughly chopped.

### **Marinade**

- 200g Natural Yoghurt.
- 4 Garlic Cloves crushed
- 1 Tbsp Grated Ginger.
- Zest and Juice of one Lemon
- 1 tsp Chilli Powder.
- 50g Ground Almonds.
- 1 tsp Medium Curry Powder.

### **Instructions:**

1. Mix all the Marinade ingredients in a large bowl and Season well
2. Add the Lamb Shanks and stir to coat.
3. Cover with cling film and leave in the fridge for 8 hours or overnight.
4. Preheat oven to 160C/fan 140C/ gas mark 3.
5. Season the Lamb
6. Evenly brown, in batches, over a high heat, adding more Oil if needed.
7. Remove and set aside
8. Wipe the pan and heat a drop of oil
9. Stir in the Onion, Garlic, and Curry Paste.
10. Stir-fry for a couple of minutes.
11. Stir in the Tomatoes.
12. Add the Lamb Shanks
13. Pour over the Stock and Coconut Milk.
14. Bring to the boil, cover and cook in the oven for 2-2½ hours, until tender.
15. Remove the Lamb and keep warm
16. Put the casserole dish back on the hob and bubble the Sauce for 15 minutes until thick.

Serve with Steamed Rice and or, a Chopped Cucumber, Red Onion and Tomato Salad