

Orange spiced lamb shanks

By Miele

30 minutes

Prep time

2 hours 30 minutes

Cooking time

6-8 Servings

Serves



INGREDIENTS

- 6-8 lamb shanks
- 2 rashers middle bacon
- 1 brown onion, diced
- 2 tbsp tomato paste
- 1 tsp ground cinnamon
- 2 tsp ground cumin
- 6 cloves
- 4 garlic cloves, peeled
- 250 ml (1 cup) red wine
- 500 ml (2 cups) chicken stock
- Grated rind and juice of 2 oranges
- 1 sprig rosemary

METHOD

1. Place lamb shanks in a 4 litre oven proof dish or steam container and season generously with salt and pepper. Add all other ingredients to the dish.
2. Place oven proof dish on baking and grilling rack on shelf position 1. Select combination steam, Fan plus at 130°C + 2 hours 30 minutes + 90% moisture. Turn once half way through cooking.
3. Remove casserole from oven. Remove shanks and set aside to keep warm. Pour liquid into a pan, bring to a fast simmer and skim fat and impurities.
4. Remove rosemary branch and crush whole garlic cloves. Simmer and reduce until sauce has thickened. Season to taste with salt and pepper.
5. Add shanks back to sauce and turn to coat. Serve immediately.