



# HAUTE CABRIÈRE

FRANSCHHOEK

## *Asian-style slow cooked lamb shanks*

Serves 4 | Pair with: **Haute Cabrière Arnim Family Réserve**



### INGREDIENTS

4 large lamb shanks or 6 small ones  
Olive oil  
1 onion, dice  
2 star anise pods  
½ tsp five spice  
1 Tbs flour  
500ml beef stock  
1 Tbsp finely grated fresh ginger  
1 Tbs minced garlic (about 3 – 4 cloves)  
4 Tbsp honey (or brown sugar)  
4 Tbsp soy sauce  
Juice from 1 orange (about 80ml)  
Pinch of chilli (or more if you like heat)

### METHOD

**Step 1** | Preheat the oven to 170C.

**Step 2** | Heat a glug of olive oil in a lidded oven-proof casserole or non-stick frying pan. Season the lamb shanks with salt and pepper and brown on all sides until golden. Remove and set aside.

**Step 3** | Wipe the pan to remove any burned bits and excess oil.

**Step 4** | Heat another glug of olive oil (about 2 Tbsp) in the pan and sauté the onions until translucent – about 4 minutes. Add the five spice and cook until fragrant.

**Step 5** | Mix the stock, ginger, garlic, honey, and soy in a jug. Juice the orange.

**Step 6** | Add the flour to the onions and five spice and cook until thickened. Add ¼ of the stock mix to deglaze and stir until thickened. Slowly add the rest of the stock and then the orange juice.

**Step 7** | Add the lamb shanks pack into the pan with the meaty side submerged in the liquid and put a lid on the pot (or transfer to a casserole dish and seal with foil). Bake in the oven for 1.5 – 2 hours depending on the size of the shanks. Small shanks will be fall-off the bone ready at around 1.5 hours. Check and just keep cooking until this stage.

**Step 8** | Serve with mashed potatoes and cooked greens such as bok choy, tender stem broccoli or green beans.

\*add 2 tsp of wasabi to your mashed potatoes to make wasabi mash