

## LAMB SHANK STEW



### INGREDIENTS

- 7 Lamb shanks
- 1 Large brown onion diced
- 1 Tbsp crushed garlic
- 1 Tbsp wholegrain mustard
- ½ Tsp pepper
- 1Tsp salt
- Plain flour
- ½ cup hot chilli sauce
- ½ cup bbq sauce
- 1 Tbsp curry powder
- 1 tsp Gurum masala
- 250gm raspberry jam
- 1 litre vege stock

### METHOD

1. Roll lamb shanks in plain flour, sear in fry pan (olive oil) and put aside.
2. Place in cooking pot a small amount of oil, onion, garlic, wholegrain mustard, pepper and salt.
3. Cook in bottom of pot until onion is soft, approx 3 mins. Keep stirring with wooden spoon.
4. Add to pot chilli sauce, bbq sauce, curry powder, curum masala, raspberry jam and vege stock.
5. Stir all together until jam has melted approx 3 mins.
6. Add shanks to pot and put in more vege stock until the shanks are fully submerged.
7. Simmer until the meat falls of the bones about 4 ½ hours.

