



braised lamb shanks

NIBBLEDISH CONTRIBUTOR

Ingredients

3 Lamb Shanks
3 Cloves garlic, chopped coarsely
1.5-2 Teaspoons cornstarch

1 Cinnamon stick
Rosemary
1.5 Teaspoons five spice powder
2 Star anise
1/2 Cup Chinese rice wine
50ml Soy sauce
2.5 Tablespoons brown sugar
3 Teaspoons fresh ginger chopped
1 Cup water
1 tomato chopped

Instructions

1. Make incisions in lamb shanks and insert chopped garlic. Rub lamb with cornstarch and fry for 2-3min so they are lightly browned. Place in lasagna casserole and sprinkle with rosemary.
2. Combine five spices and star anise with rice wine, soya sauce, brown sugar, ginger, garlic, tomato and water, and heat in sauce pan. Pour over lamb shanks.
3. Cover the casserole pan with aluminum paper and bake in the oven for 1.5 hours at 350F. Remove from oven, take off aluminum and turn over lamb shanks. Pour sauce in tray over meat with spoon. Place in oven for another 30min without cover.
