



HEALTH SCORE

54%

Braised Lamb Shanks with Coriander, Fennel, and Star Anise



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



825 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 4 cups beef broth
- ☐ 1 tablespoon peppercorns black
- ☐ 2 carrots peeled
- ☐ 3 celery stalks
- ☐ 2 tablespoons coriander seeds
- ☐ 2 tablespoons fennel seeds

- ☐ 10 garlic clove peeled
- ☐ 5 pounds lamb shanks
- ☐ 1 small leek
- ☐ 4 cups chicken broth
- ☐ 4 tablespoons olive oil divided
- ☐ 3 cups port wine
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 1 large onion white cut into 1 1/2-inch pieces
- ☐ 2 star anise whole

Equipment

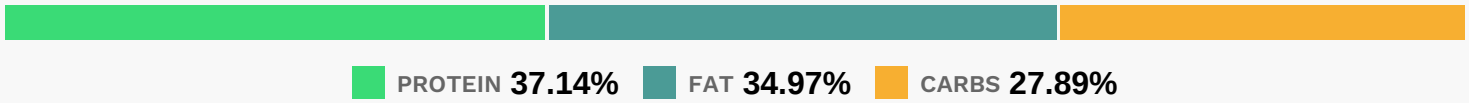
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ aluminum foil

Directions

- ☐ Mix coriander, fennel, and peppercorns in heavy small skillet. Toast on medium-high heat until aromatic and slightly darker, about 2 minutes.
- ☐ Transfer to spice grinder; process until finely ground. Rub each shank with 1 rounded teaspoon spice blend.
- ☐ Sprinkle with salt and pepper.
- ☐ Heat 2 tablespoons oil in heavy large wide pot over medium-high heat.
- ☐ Add shanks to pot. Cook until brown on all sides, about 20 minutes.
- ☐ Transfer to large bowl.
- ☐ Add remaining 2 tablespoons oil to same pot.
- ☐ Add onion and next 4 ingredients; sauté over medium heat until vegetables begin to soften, about 5 minutes.

- ☐ Add remaining spice blend and stir 1 minute.
- ☐ Add Port and simmer until liquid is reduced to 2/3 cup, about 15 minutes.
- ☐ Add both broths; boil until liquid is reduced to 3 1/2 cups, about 30 minutes.
- ☐ Preheat oven to 350°F. Return shanks to pot.
- ☐ Add cloves, star anise, bay leaves, and crushed red pepper. Cover pot with foil, then lid.
- ☐ Place pot in oven and braise lamb until tender, about 2 hours. (Can be made 2 days ahead. Uncover and cool slightly.
- ☐ Place in refrigerator until cool, then cover and keep refrigerated. Rewarm in 350°F oven for 20 minutes before serving.)
- ☐ Place 1 lamb shank on each of 4 plates. Season sauce to taste with salt and pepper. Spoon sauce and vegetables over lamb and serve.
- ☐ *Brown, star-shaped seed pods; available in the spice section of some supermarkets, at Asian markets, and at specialty foods stores.

Nutrition Facts



Properties

Glycemic Index:51.21, Glycemic Load:3.65, Inflammation Score:-10, Nutrition Score:42.926521840303%

Flavonoids

Petunidin: 11.93mg, Petunidin: 11.93mg, Petunidin: 11.93mg, Petunidin: 11.93mg Delphinidin: 7.02mg, Delphinidin: 7.02mg, Delphinidin: 7.02mg, Delphinidin: 7.02mg Malvidin: 170.69mg, Malvidin: 170.69mg, Malvidin: 170.69mg, Malvidin: 170.69mg Peonidin: 7.07mg, Peonidin: 7.07mg, Peonidin: 7.07mg, Peonidin: 7.07mg Catechin: 17.75mg, Catechin: 17.75mg, Catechin: 17.75mg, Catechin: 17.75mg Epicatechin: 13.61mg, Epicatechin: 13.61mg, Epicatechin: 13.61mg, Epicatechin: 13.61mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 11.33mg, Quercetin: 11.33mg, Quercetin: 11.33mg, Quercetin: 11.33mg

Nutrients (% of daily need)

Calories: 824.57kcal (41.23%), Fat: 24.9g (38.31%), Saturated Fat: 5.49g (34.3%), Carbohydrates: 44.7g (14.9%), Net Carbohydrates: 39.55g (14.38%), Sugar: 18.36g (20.4%), Cholesterol: 160.4mg (53.47%), Sodium: 1202.6mg (52.29%), Alcohol: 27.54g (100%), Alcohol %: 3.45% (100%), Protein: 59.52g (119.03%), Vitamin A: 5577.63IU

(111.55%), Vitamin B12: 6.1µg (101.66%), Zinc: 14.75mg (98.3%), Vitamin B3: 18.64mg (93.18%), Selenium: 60.74µg (86.78%), Phosphorus: 626.24mg (62.62%), Manganese: 1.2mg (60.18%), Iron: 7.8mg (43.35%), Vitamin B2: 0.69mg (40.55%), Potassium: 1407.58mg (40.22%), Vitamin B6: 0.71mg (35.38%), Copper: 0.63mg (31.51%), Magnesium: 122.68mg (30.67%), Vitamin K: 28.42µg (27.07%), Vitamin B1: 0.36mg (23.95%), Folate: 85.04µg (21.26%), Vitamin E: 3.12mg (20.82%), Fiber: 5.14g (20.58%), Vitamin B5: 2.01mg (20.1%), Calcium: 175.05mg (17.5%), Vitamin C: 10.96mg (13.29%)