



HEALTH SCORE

60%

Braised Lamb Shanks with Ginger and Five-Spice



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons five-spice powder chinese
- ☐ 4.5 tablespoons black bean garlic sauce
- ☐ 6 servings rice white steamed
- ☐ 12 mushroom caps dried
- ☐ 0.8 cup cooking sherry dry
- ☐ 0.8 cup cilantro leaves fresh coarsely chopped
- ☐ 3 garlic cloves peeled

- ☐ 3 inch long piece ginger fresh peeled sliced
- ☐ 0.8 cup green onions thinly sliced
- ☐ 6 pound lamb shanks fat trimmed
- ☐ 6 teaspoons vegetable oil; peanut oil preferred
- ☐ 2.5 cups water boiling

Equipment

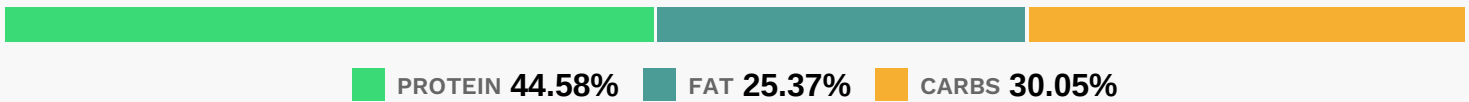
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ aluminum foil

Directions

- ☐ Place mushrooms in bowl.
- ☐ Pour boiling water over; let soak until mushrooms soften, at least 45 minutes and up to 4 hours. Strain mixture, reserving 1 1/2 cups soaking liquid.
- ☐ Cut stems from mushrooms and discard; thinly slice caps.
- ☐ With food processor running, add ginger and garlic and finely chop.
- ☐ Add cilantro, black bean sauce, 2 teaspoons peanut oil, and five-spice powder. Process until paste forms, occasionally scraping down sides of work bowl. Using sharp knife, cut 5 small shallow slits into each lamb shank, spacing apart; rub generous 1 tablespoon black bean-cilantro paste into slits and all over surface of each shank. (Mushrooms and lamb shanks can be prepared 6 hours ahead. Cover mushrooms, soaking liquid and shanks separately and chill.)
- ☐ Preheat oven to 325°F.
- ☐ Cut six 18-inch squares of aluminum foil; place on work surface.
- ☐ Place green onions and sliced mushroom caps in center of each foil square, dividing equally.

- ☐ Heat remaining 4 teaspoons peanut oil in heavy large skillet over medium-high heat. Working in batches, add lamb shanks and cook until brown on all sides, about 5 minutes per batch.
- ☐ Place 1 lamb shank atop green onions and mushrooms on each foil square.
- ☐ Pour reserved mushroom soaking liquid and Sherry into same skillet. Boil until liquid is reduced to 3/4 cup, scraping up any browned bits from bottom of skillet, about 10 minutes. Spoon 2 tablespoons reduced liquid over each lamb shank, pulling up foil around shanks to prevent liquid from spilling out. Enclose shanks completely in foil, twisting foil to seal; place on large rimmed baking sheet.
- ☐ Bake lamb shanks until very tender and meat almost falls off bones, about 2 hours. Open up foil packets; place each atop bowl of steamed rice, allowing diners to remove foil.
- ☐ * Available at Asian markets and in the Asian foods section of supermarkets.** A blend of ground anise, cinnamon, star anise, cloves, and ginger; available in the spice section of most supermarkets.
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Nutrition Facts



Properties

Glycemic Index:39.67, Glycemic Load:24.46, Inflammation Score:-6, Nutrition Score:25.707391386447%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 418.87kcal (20.94%), Fat: 10.9g (16.77%), Saturated Fat: 2.95g (18.46%), Carbohydrates: 29.05g (9.68%), Net Carbohydrates: 27.24g (9.91%), Sugar: 2.02g (2.25%), Cholesterol: 128.32mg (42.77%), Sodium: 158.52mg (6.89%), Alcohol: 3.09g (100%), Alcohol %: 0.91% (100%), Protein: 43.1g (86.2%), Zinc: 11.79mg (78.62%), Vitamin B12: 4.56µg (75.94%), Selenium: 51.89µg (74.13%), Vitamin B3: 10.66mg (53.3%), Phosphorus: 406.49mg (40.65%), Vitamin K: 32.25µg (30.72%), Manganese: 0.56mg (28.04%), Vitamin B2: 0.43mg (25.36%), Iron: 4.47mg (24.82%),

Vitamin B6: 0.47mg (23.26%), Vitamin B5: 2.12mg (21.24%), Copper: 0.41mg (20.69%), Magnesium: 69.2mg (17.3%), Potassium: 600.26mg (17.15%), Vitamin B1: 0.22mg (14.98%), Folate: 56.61µg (14.15%), Vitamin E: 1.24mg (8.23%), Fiber: 1.81g (7.23%), Vitamin A: 262.83IU (5.26%), Calcium: 50.59mg (5.06%), Vitamin C: 3.81mg (4.62%)