



## Moroccan-Style Lamb Shanks

READY IN



45 min.

SERVINGS



4

CALORIES



931 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 28 ounce canned tomatoes whole peeled drained coarsely chopped canned
- ☐ 2 carrots finely chopped
- ☐ 2 cups chicken stock see low-sodium canned
- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 10 ounce couscous instant
- ☐ 0.3 cup currants dried
- ☐ 1 cup cooking wine dry red
- ☐ 2 large garlic cloves minced
- ☐ 0.3 teaspoon ground allspice

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon harissa
- ☐ 5 pounds meaty lamb shanks
- ☐ 2 tablespoons mint leaves finely chopped
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 large onion finely chopped
- ☐ 4 servings salt and pepper freshly ground
- ☐ 1 large shallots minced
- ☐ 0.3 cup slivered almonds chopped
- ☐ 2 tablespoons tomato paste
- ☐ 2 tablespoons butter unsalted
- ☐ 1 cup water

## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil
- ☐ pie form

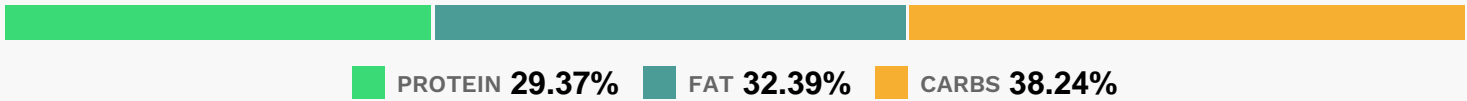
## Directions

- ☐ Preheat the oven to 32
- ☐ In a large enameled cast-iron casserole, heat 2 tablespoons of the oil. Season the shanks with salt and pepper.
- ☐ Add them to the casserole, 2 at a time, and cook over moderately high heat until browned all over, about 12 minutes.

- ☐ Transfer to a plate and wipe out the casserole.
- ☐ Heat the remaining 2 tablespoons of oil in the casserole.
- ☐ Add the onion, carrots and garlic and cook over moderate heat, stirring, until lightly browned, about 5 minutes.
- ☐ Add the cumin, coriander, cinnamon, allspice and nutmeg and cook, stirring until lightly toasted, about 1 minute.
- ☐ Add the tomato paste and harissa and cook over moderately high heat, stirring, until lightly browned, about 2 minutes. Stir in the wine and boil until reduced to a thick syrup, about 4 minutes.
- ☐ Add the tomatoes and 1 cup of the chicken stock to the casserole. Season with salt and pepper and bring to a boil. Nestle the lamb shanks in the liquid. Cover tightly and braise in the oven for about 3 hours, basting occasionally, until the meat is almost falling off the bone.
- ☐ Transfer the shanks to a platter and cover with foil. Leave the oven on.
- ☐ Spread the almonds in a pie pan in an even layer and toast for about 10 minutes, or until golden.
- ☐ Strain the sauce into a bowl, pressing on the vegetables; skim any fat. Return the sauce to the casserole and boil over high heat until reduced to 1 cup, about 10 minutes. Return the vegetables and lamb to the sauce and keep warm.
- ☐ In a small bowl, mix the mint with the cilantro and almonds and season lightly with salt and pepper.
- ☐ Melt the butter in a medium saucepan.
- ☐ Add the shallot and cook over moderately high heat until softened, about 2 minutes. Stir in the couscous and cook until lightly browned, 2 to 3 minutes.
- ☐ Add the remaining 1 cup of chicken stock, the water and 1/4 teaspoon of salt and bring to a boil.
- ☐ Remove from the heat and add the currants. Cover and let stand for 10 minutes. Fluff with a fork and stir in half of the herb-almond mixture.
- ☐ Mound the couscous in the center of a large platter. Arrange the lamb shanks around the couscous and spoon the sauce on top.
- ☐ Sprinkle with the remaining herb-almond mixture and serve.
- ☐ Make Ahead: The lamb can be refrigerated for up to 3 days. Rewarm gently.

☐ Wine Recommendation: The warmly flavored spices, the luscious braised lamb and the sweet toasted almonds are all a great match for the hit of fruit in the 1999 Howell Mountain Vineyards Zinfandels--Old Vines, the Beatty Ranch and the Black Sears.

## Nutrition Facts



### Properties

Glycemic Index:101.46, Glycemic Load:37.78, Inflammation Score:-10, Nutrition Score:48.351739186308%

### Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.71mg, Catechin: 4.71mg, Catechin: 4.71mg, Catechin: 4.71mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 6.44mg, Epicatechin: 6.44mg, Epicatechin: 6.44mg, Epicatechin: 6.44mg Eriodictyol: 0.79mg, Eriodictyol: 0.79mg, Eriodictyol: 0.79mg, Eriodictyol: 0.79mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 9.17mg, Quercetin: 9.17mg, Quercetin: 9.17mg, Quercetin: 9.17mg

### Nutrients (% of daily need)

Calories: 930.69kcal (46.53%), Fat: 32.04g (49.29%), Saturated Fat: 8.89g (55.53%), Carbohydrates: 85.12g (28.37%), Net Carbohydrates: 75.74g (27.54%), Sugar: 15.46g (17.18%), Cholesterol: 175.45mg (58.48%), Sodium: 800.58mg (34.81%), Alcohol: 6.3g (100%), Alcohol %: 0.92% (100%), Protein: 65.36g (130.73%), Vitamin A: 5762.29IU (115.25%), Zinc: 15.38mg (102.51%), Vitamin B12: 5.83µg (97.09%), Vitamin B3: 18.95mg (94.77%), Selenium: 57.45µg (82.07%), Phosphorus: 712.25mg (71.23%), Manganese: 1.22mg (61.04%), Iron: 8.65mg (48.07%), Vitamin B2: 0.81mg (47.66%), Vitamin B6: 0.89mg (44.72%), Potassium: 1559.6mg (44.56%), Vitamin E: 6.34mg (42.26%), Copper: 0.82mg (41%), Magnesium: 152.37mg (38.09%), Fiber: 9.37g (37.5%), Vitamin B1: 0.52mg (34.83%), Vitamin C: 27.38mg (33.18%), Vitamin B5: 2.99mg (29.87%), Folate: 104.63µg (26.16%), Vitamin K: 20.57µg (19.59%), Calcium: 177mg (17.7%)