



## Twice-Cooked Five-Spice Lamb with Red Chiles



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 teaspoons five spice powder chinese
- ☐ 0.5 cup vinegar black
- ☐ 8 inch pepper flakes dried red
- ☐ 4 ounce ginger fresh peeled sliced ()
- ☐ 8 large garlic clove crushed peeled
- ☐ 2 spring onion thinly sliced
- ☐ 7.5 pounds lamb shanks

- ☐ 1 cup soya sauce
- ☐ 0.7 cup sugar
- ☐ 6 tablespoons water divided
- ☐ 12 star anise whole

## Equipment

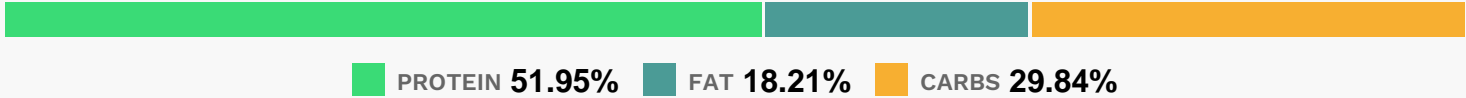
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ pastry brush

## Directions

- ☐ Bring large pot of water to boil.
- ☐ Add lamb; reduce heat to medium and boil gently 15 minutes.
- ☐ Drain. Set aside.
- ☐ Combine sugar and 6 tablespoons water in heavy medium saucepan. Stir over medium heat until sugar dissolves. Increase heat and boil without stirring until caramel is deep amber color, occasionally brushing down sides of pan with wet pastry brush and swirling pan, about 8 minutes, depending on pan.
- ☐ Remove from heat; add 3 cups water, soy sauce, and black vinegar to caramel; stir over medium heat to dissolve any caramel bits.
- ☐ Transfer caramel mixture to very large wide pot.
- ☐ Add remaining 3 cups water, ginger, star anise, garlic, chiles, and five-spice powder, then lamb shanks. Bring to boil (liquid will not cover shanks completely). Reduce heat to medium-low, cover tightly, and simmer until lamb is very tender, turning occasionally, about 3 hours.
- ☐ Transfer lamb to work surface. Skim any fat from sauce and discard; season sauce with salt and pepper.
- ☐ Remove meat from bones in bite-size pieces; discard bones. Return meat to sauce in pot. DO AHEAD Can be made 1 day ahead. Cool slightly. Chill uncovered until cold, then cover and keep chilled.

- ☐
- Bring lamb and sauce to simmer; transfer to large serving bowl.
- ☐
- Sprinkle green onions over and serve.

## Nutrition Facts



## Properties

Glycemic Index:33.39, Glycemic Load:12.63, Inflammation Score:-4, Nutrition Score:21.953913336215%

## Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

## Nutrients (% of daily need)

Calories: 319.87kcal (15.99%), Fat: 6.35g (9.78%), Saturated Fat: 2.11g (13.18%), Carbohydrates: 23.43g (7.81%), Net Carbohydrates: 22.37g (8.13%), Sugar: 17.61g (19.56%), Cholesterol: 120.3mg (40.1%), Sodium: 1762.19mg (76.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.79g (81.58%), Zinc: 10.74mg (71.58%), Vitamin B12: 4.27µg (71.19%), Selenium: 42.94µg (61.34%), Vitamin B3: 10.65mg (53.27%), Phosphorus: 386.98mg (38.7%), Iron: 4.95mg (27.53%), Vitamin B2: 0.42mg (24.46%), Vitamin B6: 0.45mg (22.26%), Manganese: 0.35mg (17.28%), Potassium: 598.68mg (17.11%), Magnesium: 67.74mg (16.93%), Copper: 0.3mg (15.13%), Vitamin B5: 1.42mg (14.21%), Vitamin B1: 0.21mg (14.2%), Folate: 47.98µg (12%), Vitamin C: 6.38mg (7.74%), Vitamin K: 6.63µg (6.32%), Calcium: 49.32mg (4.93%), Fiber: 1.06g (4.24%), Vitamin E: 0.49mg (3.28%), Vitamin A: 62.14IU (1.24%)