

More than 1 hour

Serves 4

Share with friends

Share on facebook

Share on twitter

Share on pinterest

Share on whatsapp

Share on email

Ingredients:

Madras spice mix:

- 2 Tbsp (30ml) coriander seeds
- 1 Tbsp (15ml) cumin seeds
- 2 sticks cinnamon
- 1 tsp (5ml) mixed peppercorns
- 6 cardamom pods, crushed
- Handful dried chillies (or 2-3 fresh, deseeded)
- Handful fresh curry leaves
- 2 Tbsp (30ml) turmeric
- 4 lamb shanks
- Salt, for seasoning
- ¼ cup (60ml) Madras spice mix
- 2 cups (500ml) plain yoghurt
- Canola oil, for frying
- 4 onions, sliced
- 2 tsp (10ml) grated fresh ginger
- 4 cloves garlic, chopped
- Handful fresh curry leaves + extra for serving
- 2 cups (500ml) beef or chicken stock
- 1 can (400g) chopped tomatoes
- Chopped fresh coriander, for serving

Method

1. For spice mix, toast all spices (except turmeric) in a hot, dry pan until fragrant.
2. Using a pestle and mortar, pound spices until well combined (we kept ours nice and coarse), adding turmeric to the mix.

3. Season lamb shanks well with salt.
4. Coat shanks in Madras spice mix and yoghurt, and marinate in the fridge for 1 hour.
5. Heat oil in a large ovenproof pot, and sear shanks in batches until browned on all sides. (Do not brush off the yoghurt marinade as this contains plenty of flavour.) Remove and set aside.
6. Add another glug of oil to the pot and fry onion, ginger, garlic and curry leaves for 6-8 minutes until well browned.
7. Add shanks back into the pot, pour over stock and tomatoes, and cover with a lid.
8. Transfer to the oven and cook at 160°C for about 2 ½ hours, until the meat is beautifully tender.
9. Garnish with coriander and curry leaves and serve with flatbreads, if you like.

Like this Lamb Shanks Madras Recipe? Click here to check out our Durban [Lamb Curry Recipe](#).