

slow cooked gosht wahari



preparation time: 30 minutes
cooking time: 3 hours
chilli rating: medium

difficulty level: medium
serves: 6-8 with rice

ingredients

6-8 lamb (or goat) shanks
¼ cup vegetable oil
400 gms onions, sliced
1½ tbs salt, to taste
1 tbs fresh ginger, grated
1 tbs garlic, crushed
2 tbs coriander seeds, ground
1 tsp chili powder
1 tsp ground turmeric
1 tsp fennel seeds, ground
1 teaspoon cumin seeds, ground
1.5 lts lamb stock
¼ cup yoghurt, beaten

bouquet garni

2-3 green cardamom pods
3-6 cloves
1 stick cassia bark, crushed
2-3 tez patta (Indian bay leaves)
2 tbs desiccated coconut
8-10 dried rose petals

garnish

50 gms sliced onions, caramelised
20 gms fresh ginger, julienned
1 tbs fresh coriander leaves, chopped
1 tbs fresh mint leaves, chopped
juice of ½ a lemon, to serve

method

Clean shanks and set aside in the refrigerator. Preheat fan forced oven to 140C-150C.

Heat the oil in an ovenproof saucepan or casserole dish until it starts smoking, reduce heat and add the onions and salt. Cook onions until caramelised and golden. Remove about 50 gms of the caramelised onion and set aside.

Add the ginger and cook until caramelised. Then add the garlic and cook until caramelised. Finally, add all the ground spices and cook till the oil leaves the sides of the pan. Sear the shanks and add the stock. Bring to the boil and reduce the heat.

To make the bouquet garni: Tie all ingredients in a muslin cloth and then add bouquet to the pan.

Cover pan with a tight fitting lid or a bowl, to prevent steam from escaping. Place in oven for 2-2½ hours. This process is called *dum* which means it stews in its own juices!

Remove from oven and let rest for about 10 minutes. Remove lid, add the yoghurt and mix well.

Place shanks in a serving dish with their juices and garnish with the onions, ginger, coriander and mint. Sprinkle with lemon juice and serve with a bread of your choice or a *sheermal*!

Ajoy's tips To read Ajoy's blog about this recipe, click [lamb shanks blog](#). *Sheermal* is a saffron-flavoured naan bread that comes from Hyderabad.

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