

# star of india



**Recipe:** Lamb Shank Rogan Josh

**Ingredients:** **Marinade ingredients**

1 ½cm piece root ginger  
4 cloves of garlic  
2 tbsp plain flour  
¼ tsp chilli powder  
300ml plain yogurt  
½ tsp nutmeg  
½ tsp salt  
1 tbsp vegetable oil



**Pot ingredients**

4 lamb shanks  
3 tbsp mixed curry powder  
2 large onions, thinly sliced  
3 cardamom pods  
5 whole green chillies  
1 ½cm cinnamon stick  
4 bay leaves  
hand full of fresh coriander  
1 ½cm piece root ginger  
4 cloves of garlic  
2 crushed tomatoes, with juice  
5 tomatoes cut into wedges  
4 celery sticks, chopped  
3 tbsp vegetable oil  
250ml water

**Method:** **Marinade:**

1. Blend the garlic and ginger into a paste in a food processor or blender.
2. Mix the garlic and ginger paste together with the flour, chilli powder, yogurt, salt, nutmeg and the vegetable oil. Rub the marinade into the lamb shanks and refrigerate for about 20 minutes.

**Pot mix**

1. Take a large pan and add 1 tbsp vegetable oil just to cover the bottom. Then add the sliced onions, green chillies, salt, half the coriander, garlic, celery, crushed tomatoes, cardamom pods, cloves, bay leaves and cinnamon stick. Cover and cook for about 10 minutes on a slow heat, stirring every so often.
2. Add the water, cover and leave on a slow heat.
3. Heat the remaining 2 tbsp vegetable oil in a saucepan until hot. Fry the marinated lamb shanks for about 3 minutes until golden brown. Remove the shanks from the saucepan and add to the other ingredients in the large pan. Continue cooking on a slow heat for about an hour, stirring every so often. If the pan begins to dry out, add a little water.
4. Add the mixed curry powder and the remaining coriander. Continue to cook on a slow heat for a further hour, stirring every so often. Again, if the pan begins to dry out, add a little water.

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- Method:**
5. Add the mixed curry powder and the remaining coriander. Continue to cook on a slow heat for a further hour, stirring every so often. Again, if the pan begins to dry out, add a little water.
  6. Now add the tomatoes cut into wedges. Stir and cook for a further 3 or 4 minutes.
  7. Your shanks are now ready to eat. Serve with side dishes such as Sag aloo and Tomato ponir.

**Serves:** 4 persons

Please do not hesitate to consult with our Executive Chef!