

# Marrakesh Lamb Shanks

**Serving Size:** Makes 4 servings

**Prep Time:** 10 minutes

**Cook Time:** 2 hours

## Ingredients

1 1/2 teaspoons olive oil  
4 lamb shanks  
1 tablespoon chopped red chili pepper  
1 tablespoon crushed garlic  
1 1/2 tablespoon ground cumin  
1 1/2 tablespoon ground coriander  
1/2 teaspoon ground turmeric  
1/2 teaspoon ground cinnamon  
1/2 cup vegetable stock  
1 cup canned apricot halves in juice  
Salt and pepper to taste

## Instructions

Heat a little oil in a deep-sided pan on high and brown lamb in small batches, removing each batch before adding the next. Remove and put aside.

Add next 6 ingredients, through cinnamon, to pan, stirring until well blended with pan juices. Stir in stock and juice only from apricots. Reserve apricots.

Return lamb drumsticks. Reduce heat to low, cover and simmer (cooking gently at a level where tiny bubbles rise to the surface) until fork tender, about 1 1/2 - 2 hours. Stir occasionally.

If consistency needs thickening, simmer with lid off until reduced (about 15-20 minutes). Add apricots just before serving to heat through.

Serve lamb shanks in a bed of couscous

**Tip:** Roasted pumpkin cubes make a good winter alternative to apricots, and if you like a less sweet casserole, balance the apricots or pumpkin with diced preserved lemon.

Email Us!: [Brothers On Farms](#)