

# Lamb Shank Rogan Josh

Rogan Josh is one of those classic Indian dishes which has many interpretations. This is my version and it's lovely. I like to use meat on the bone such as lamb shanks, as the bones add flavour to the dish while the lamb slow-cooks until meltingly tender. Pair it with Pilau Rice for a delicious supper.

- Matthew, Shropshire



@onthebridgesplate



**Serves:** 4

## Ingredients:

2 tablespoons plain flour  
1 tablespoon chilli powder  
1 teaspoon ground coriander  
0.5 teaspoon ground ginger  
0.5 teaspoon salt  
pinch of nutmeg  
4 lamb shanks, each about 500 g (1 lb 2 oz)  
2 tablespoons vegetable oil  
1 large onion, thinly sliced  
300 ml (half pint) Greek-style natural yogurt  
450 ml (three quarters pint) hot lamb stock  
4 cardamom pods, cracked  
1 pinch saffron strands  
4 small tomatoes, each cut into 6 wedges

## Cooking Instructions:

- 1 Mix together the flour, chilli powder, coriander, ginger, salt and nutmeg. Dust the lamb shanks in the flour, reserving any excess.
- 2 Pre-heat the oven to 180°C/350°F/Gas 4. Pour the oil into a large roasting tin and place over a high heat. Cook the lamb shanks for 10 minutes, turning until well browned, then transfer to a large plate and set aside.
- 3 Add the onion to the pan and cook for 10 minutes until golden brown. Add the reserved spiced flour and cook for 1 minute, stirring continuously. Stir in the yogurt and stock.
- 4 Return the lamb to the pan. Add the cardamom and saffron and bring to the boil. Cover tightly with foil and cook for 90 minutes. Add the tomato wedges and cook for a further 40-60 minutes until the lamb is almost falling away from the bone. Serve hot.

**CHEF'S TIP:** The longer this is cooked, the more tender the lamb becomes. It can cook for up to 3 hours, but remember to keep it tightly covered and add a splash of water or stock if it starts to dry out. softened.

