

BAKED LAMB SHANKS

1. 4 meaty lamb shanks (4 lbs.)
2. 2 med. onions, sliced thin
3. 1 tbsp. butter or margarine
4. 1 tbsp. olive or salad oil
5. 2 cloves garlic, minced or pressed
6. 2 tsp. salt
7. 3/4 tsp. each ginger & turmeric
8. 1/4 tsp. each allspice & coriander
9. 1/4 tsp. ground cinnamon
10. 3/4 c. water
11. 1/4 c. honey
12. 1 lemon, thinly sliced
13. Cooked brown rice
14. Lemon slices for garnish

Instructions

1. Place lamb shanks single layer in a deep casserole.
2. In frying pan, saute onions in butter and oil until limp but not browned.
3. Add garlic, salt and spices.
4. Mix until onions are evenly coated.
5. Stir in water and honey, blending well.
6. Pour over lamb shanks.
7. Arrange lemon slices over shanks.
8. Cover. Bake at 350 degrees for 1 1/2 to 2 hours until lamb is juicy and tender and meat comes away easily from bones.
9. Arrange on bed of cooked brown rice.
10. Top with onions.
11. Skim fat from juice.
12. Boil juices down until slightly thickened.
13. Spoon over meat. Garnish with fresh lemon slices.