

Dr. Ludwig's Curried Lamb Shanks

Icelandic Lamb season is almost over! We didn't want to miss the opportunity to share the delicious new recipe Dr. Ludwig developed to highlight this lamb's incredible flavor. These lamb shanks are rich and hearty, and super simple to prepare. If you're not a fan of lamb, this recipe works with a pork or beef roast as well. YUM! Makes 4 servings.

Ingredients

4 medium lamb shanks (about 2 1/2 pounds total)

1 cup water

1 - 2 tablespoons coconut oil

1 - 2 tablespoons curry powder

1/2 - 3/4 teaspoons salt

1/4 cup chickpea flour

1/2 cup water

green onions for garnish (optional)

Instructions

First, place the lamb shanks in a deep skillet or saucepan. Next, add the water (1 cup), coconut oil, curry powder, and salt. Bring to a boil over medium heat, and then reduce heat to medium-low. Cover and simmer for about 1 1/2 hours, or until the meat easily falls off the bone. Turn the lamb shanks as needed to prevent burning.

Once cooked, transfer the shanks to a serving plate.

To make the gravy, first mix together chickpea flour and water (1/2 cup) with an immersion blender to create a slurry. Then add the slurry to the leftover cooking liquid in the skillet and cook over medium heat for 3 to 5 minutes.

Finally, pour the gravy over the lamb shanks, garnish, and serve!

Complete Meal

To make a complete meal, serve the lamb shanks with a whole baked sweet potato, steamed asparagus or green beans, and a half cup of berries for dessert.

Carbohydrate: 28%

Protein: 27%

Fat: 45%

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