

Slow-braised lamb shank curry (Jaflong house method)

The recipe our Richmond kitchen uses for lamb shank nights: shanks browned hard, then braised low in a caramelised onion, tomato and whole-spice masala until the sauce clings and the meat falls apart under a spoon.

Prep: 25 min **Cook:** 3 hr **Total:** 3 hr 25 min **Serves:** 4 servings **Spice:** Medium

INGREDIENTS

- 4 halal lamb shanks (approx. 400g each)
- 4 tbsp mustard oil or ghee
- 3 large onions, finely sliced
- 3 tbsp ginger-garlic paste
- 4 medium tomatoes, blended
- 2 tbsp Kashmiri chilli powder
- 1 tbsp ground coriander
- 2 tsp ground cumin
- 1 tsp turmeric
- 1 cinnamon stick, 4 green cardamom, 2 black cardamom, 4 cloves, 2 bay leaves
- 2 tsp garam masala
- Small handful fresh coriander, chopped
- Salt to taste

METHOD

1. Season the shanks generously and brown them hard in the oil on all sides, about 10 minutes. Lift out and set aside.
2. In the same pot, fry the whole spices for 30 seconds, then add the onions and cook 18-20 minutes until deep golden brown — this colour is the backbone of the sauce.
3. Stir in the ginger-garlic paste and cook 3 minutes until the raw smell goes.
4. Add turmeric, Kashmiri chilli, coriander and cumin with a splash of water and bhuna (fry-stir) for 4 minutes.
5. Pour in the blended tomatoes and cook until the oil separates at the edges, roughly 12 minutes.
6. Return the shanks, add 600ml hot water, cover and braise on the lowest heat for 2.5 to 3 hours, turning the shanks every 40 minutes.
7. Uncover for the final 20 minutes so the sauce reduces and coats the meat.
8. Finish with garam masala and fresh coriander, rest 10 minutes, and serve with pilau rice or naan.

CHEF'S TIPS

- Do not rush the onions. Pale onions give a thin, sharp sauce; deep brown onions give the sweetness

this dish lives on.

- A heavy cast-iron pot holds the low heat far better than a thin pan and stops the base catching.
- Shanks are even better made a day ahead — chill overnight, lift off the set fat and reheat gently.

ALLERGENS

Free from: Gluten, Dairy, Egg, Soy, Peanut, Tree nuts, Shellfish

- Richer finish: Stir in 2 tbsp double cream at the end — this adds dairy to the dish.

TOO BUSY TO COOK?

We cook this in our Richmond kitchen every evening from 4pm. Order collection or delivery at jaflongtandoori.online, or call 020 8332 1339. Catering for 10 to 200 guests:

jaflongtandoori.online/catering/hub