

Slow Cooker Lamb Shank Rogan Josh

Yield: 4 min
Total Time: 370 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-lamb-shank-recipe-slow-cooker>

Ingredients:

- 4 lamb shanks about 1.5kg, 3.3lb
- 3 brown onions peeled and thinly sliced
- 3 large garlic cloves peeled and thinly sliced
- 14 ounces chopped tomatoes 400 g, can of
- 1/2 cup beef stock hot, 125 ml
- 4 cardamom pods
- 2 red chillies seeded and finely chopped
- 2 bay leaves
- 2 teaspoons ground cumin
- 2 teaspoons sweet paprika
- 1 teaspoon turmeric
- 1 teaspoon cayenne pepper
- 1 teaspoon coriander seeds
- 1 cinnamon stick
- red chillies pinch dried crushed
- 1 pinch ground cloves
- 1 piece fresh ginger peeled and grated
- 1 bunch fresh coriander cilantro
- 4 tablespoons natural yoghurt or double cream
- 1 handful cherry tomatoes halved
- oil rapeseed, canola, to fry
- salt
- freshly ground black pepper

Nutrition:

1. Calories: 960 calories
2. Carbohydrate: 24 grams

3. Cholesterol: 285 milligrams
 4. Fat: 59 grams
 5. Fiber: 8 grams
 6. Protein: 81 grams
 7. SaturatedFat: 25 grams
 8. Sodium: 600 milligrams
 9. Sugar: 9 grams
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