

Algerian Lamb Shanks with Cardamom and Orange

Yield: 4 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/lamb-shanks-recipe-indian-style>

Ingredients:

- 4 lamb shanks external fat trimmed
- salt to taste, plus 1 Tbs. salt
- freshly ground pepper to taste
- 4 tablespoons extra virgin olive oil plus more
- 1 pound yellow onions diced
- 1/4 cup garlic cloves peeled
- 1 tablespoon fresh ginger finely chopped
- 2 cardamom seeds skins removed
- 1 pinch saffron
- 1 teaspoon chili flakes
- 1 teaspoon ground cloves
- 1 teaspoon caraway seeds
- 2 teaspoons fennel seeds
- 1/2 cinnamon stick
- 2 tablespoons curry powder
- 1/2 cup slivered almonds blanched
- 1/2 cup golden raisins
- 2 cans plum tomatoes 10 oz. each diced
- 1 bottle white wine
- 1 orange
- 1 pound carrots peeled and coarsely diced
- 1 fennel bulb large, trimmed and