

Moroccan Lamb Shanks

Serves 6

3-1/2 pounds lamb shanks, halved crosswise (3-4 shanks)

Salt

Black Pepper

1/4 cup all purpose flour

2 tbsp cooking oil

1/2 cup dried apricots

1/2 cup dried pitted prunes halved

1/2 cup raisins

3/4 cup beet broth

2 tbsp sugar

2 tbsp cider vinegar

2 tbsp lemon juice

1/2 tsp ground allspice

1/2 tsp ground cinnamon

1 tbsp cornstarch

1 tbsp cold water

Sprinkle lamb shanks with salt and pepper. Dredge in flour.

In a large skillet, brown meat on all side in hot oil. Drain off fat.

In a large pot stir together apricots, plums, raisins, broth, sugar, vinegar, lemon juice, allspice and cinnamon. Add meat

Cover and cook for 2-4 hours watching carefully to add water as needed.

The lamb shanks can be prepared a day in advance to allow the flavors to blend and then reheated the evening of the dinner.

Gravy:

Strain cooking juices in a glass measuring cup, reserving the fruit. Skim off fat from juices. If you do not have 1-1/2 cups of juice, add water to measuring cup. Pour into a medium saucepan.

Combine cornstarch and the cold water, stir into juices in saucepan. Cover and stir over medium heat until thickened and bubbly: cook and stir for 2 minutes more. Stir in reserved fruit. Heat through.

To serve, place lamb shanks on hot cooked rice and spoon gravy over the top or serve on the side.

