

Braised Lamb Shanks with Vegetables

Makes 4 servings

Braising Sauce

3 cups beef or chicken broth

3/4 cup Shao Hsing wine

3 tbsp hoisin sauce

2 tbsp soy sauce

1 tbsp sesame oil

2 whole star anise

2 pc dried tangerine peel

1/4 tsp Chinese five-spice

2 tbsp cooking oil

1 lb lamb shanks, cut crosswise into 2-inch chunks

4 cloves garlic, crushed

8 thin slices ginger, lightly crushed

4 black garlic

6 dried black mushrooms, soaked to soften, stems removed, caps left whole

2 dried bean curd sticks, soaked to soften, 2-inch lengths

6 – 8 Chinese chestnuts, shelled (optional)

10 ginkgo nuts

1 medium onion, cut into 1-inch pieces

3 tbsp cornstarch dissolved in 3 tbsp water

2 tbsp sliced lemon mint leaves

Combine braising sauce ingredients in a medium bowl.

Heat oil in a deep pan over medium-high heat until hot. Add shanks; brown on all sides. Add garlic and ginger; cook for 10 seconds. Add braising sauce; bring to a boil. Reduce heat, cover and simmer 1-1/2 hours, stirring a couple times during cooking.

After 1-1/2 hours, add black garlic, mushrooms, bean curd sticks, chestnuts, ginkgo nuts and onion to pan. Cover and simmer until lamb is tender, about 45 minutes.

Add cornstarch solution; cook, stirring, until sauce boils and thickens. Sprinkle with mint and serve.

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