



Culinary delights

 with

PALM OIL

Lamb shank stew



There is little that says comfort more than a heaping bowlful of stew. Through the power of imagination, most people are able to attribute stew to chilly days spent indoors with this uncontested royal of comfort foods. Large, hot bowlfuls, tucked happily into one's belly, brings about a comfortable familiarity that more often than not has to do with memories of home life and mothers' cooking. This Asian twist to an otherwise traditionally Western recipe brings about the succulent tenderness of a well-cooked lamb shank, as well as the deeply-flavoured richness of a tomato, coriander, and cumin gravy.

INGREDIENTS



For Lamb Shank Stew

- 450 g lamb shank
- 100 g tomato, chopped
- 50 g onion, chopped
- 10 g coriander leaves, chopped
- 20 g ginger, chopped
- 20 g lemongrass, pounded
- 15 g yogurt
- 30 g cumin powder
- 20 g coriander powder
- 20 g salt
- 10 g pepper
- 5 g cinnamon stick
- 50 g ghee oil
- 250 ml beef stock

METHOD



To cook lamb shank stew

Boil lamb shank in water for 4 hours, until it is soft. Once it is cooked, remove it from the water and set aside. Sauté together chopped tomato, onion, coriander leaves and ginger with lemongrass and cinnamon stick until fragrance is emitted. Add in three quarters of the beef stock, cumin powder, and coriander powder. Stir to combine before adding lamb shank and yogurt. Season to taste with salt and pepper, then add in baby potatoes. Cook for a few minutes, until the gravy thickens.

Garnish with deep-fried, julienned papadam and cherry tomatoes before serving.

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INGREDIENTS



Vegetables

100 g baby potatoes
50 g cherry tomatoes

For garnish

50 g papadam, julienned and
deep-fried in palm oil