

2014 N°18.

Slow cooked lamb shanks.

Don't give up if you don't see lamb shanks in the window at **James Elliott Butchers** because they sometimes keep them in the freezer.

This is largely stolen from the Casa Moro cookbook. "if you're going to steal, steal from the best." Martha Graham.

Ingredients:

4 lamb shanks.

A lemon

2 cinnamon sticks

2 bay leaves

6 whole cloves

3 teaspoons of salt

A tablespoon of cumin seeds

A teaspoon of black peppercorns

A large onion

Olive oil

Enough water to cover the lemon in a small saucepan

What to do. Roughly speaking:

Pre heat the oven to 250C/475F/gas mark 9

Stick the cloves into the skin of the lemon, cover it with salty water and boil it in a pan with 2 cinnamon sticks and 2 bay leaves for about 20 minutes.

Let it cool, remove the cloves and chop the lemon – skin and all – into small pieces. Throw out the pips.

Sieve the liquid to remove the cinnamon and bayleaves and any stray cloves. Keep the salty spicy lemony liquid.

Chop the onion really, really finely.

Smash up the cumin seeds and black peppercorns in a pestle and mortar.

Put the chopped lemon, onion, smashed up cumin and black pepper in the bottom of a big ovenproof dish – mix it all up.

Put the lamb shanks on top.

Pour about 150 ml of the liquid and a splash of olive oil over the top.

Put a close fitting lid on it, or cover it tightly with foil.

Place it in the hot oven for about 15 minutes – check that the liquid is bubbling.

Turn the oven down to 150C/300F/gas mark 2 and leave it for 3 $\frac{1}{2}$ - 4 hours. (Yes, really, that long. Long enough to go to the pub, watch a match, do a crossword, walk down the canal to Victoria Park and go boating on the lake...) The lamb will be ready to fall off the bone.

I like to serve it with green beans and a mix of oven roasted potatoes and sweet potatoes.

About Kay's Essex Road Recipes.

I improvise recipes based on what looks good in my wonderful, helpful and entertaining local shops; **Steve Hatt** the fishmonger, **The Market Garden** greengrocers, **James Elliott** the butcher and **Raab's** Bakery. Throughout 2014 I plan to share about recipe a week. Once you get the hang of it, you can start to improvise your own menus. These recipe cards only available on paper in the shops. We do have a Facebook page to update you with what's new <https://www.facebook.com/essexroadrecipes?fref=ts>. At the end of the year you'll be able to order a special edition full set of about 50 recipes online, so check in to the FB page for more information.

All recipes are for about 4 people. They're not written for complete beginners; I'm assuming that you know a little bit about cooking so I've been approximate and poetic with measurements, times, weights and instructions. I hope you get the idea, and go on to improvise your own Essex Road recipes.

Most of the other ingredients, including spices and oils, are available from the convenience stores between the New Rose and Raab's. Pasta, risotto rice and really good oils and wines are to be found in **Saponara** on Prebend Street which also serves the best fresh pasta and pizza in the neighbourhood.

If you have any suggestions or comments I'd love to hear them. You can leave them on the facebook page (Kay's Essex Road Recipes) or, in the spirit of the thing, write me a note and leave it in one of the shops. Kay