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**Curried Braised Lamb Shank with Three Onion Couscous**

Recipe Courtesy of Ming Tsai  
 Show: [East Meets West With Ming Tsai](#)  
 Episode: [Lamb--Shanks and Sandwiches](#)

In a large pasta bowl, place a small mound of couscous and top with shanks. Ladle sauce on shanks and garnish with chopped green scallions.

- 6 large lamb shanks (8-10 inches long)
- 3 cups AP flour
- 1/2 cup madras curry powder
- 1 tablespoon chili powder
- 1/4 cup coarse ground fennel
- 1/4 cup coarse ground coriander
- Canola oil to cook
- 2 onions chopped
- 2 stalks celery chopped
- 2 large carrots chopped
- 1/4 cup garlic minced
- 1/4 cup ginger minced
- 1 bottle red wine
- 1/4 bunch fresh thyme, picked and roughly chopped
- 1 cup dark soy sauce
- 1 banana
- 6 kaffir lime leaves
- 3 Thai bird chilies
- Water
- Salt and black pepper to taste

Season the shanks well with salt and pepper. Mix flour with curry, chili, fennel, and coriander. Completely coat shanks in mix. In a hot casserole lightly coated with canola oil, sear shanks and color on all sides. Set shanks aside and wipe out casserole. Saute onions, celery, carrots, garlic and ginger until soft. Season with salt and pepper. Deglaze casserole with red wine and reduce by half. Stir in thyme. Add soy sauce, banana, kaffir lime and chilies. Add shanks and completely cover with water. Check for seasoning. Slowly bring to a boil then cover tightly with foil or lid. Roast in a 325 degree oven (at a simmer) for at least 3 hours. The meat should fall off the bone. Remove shanks and reduce sauce until thickened slightly. Remove kaffir lime leaves and puree sauce using a hand blender. Check again for seasoning.

**THREE ONION COUSCOUS:**

- 1 tablespoon canola oil
- 1 yellow onion, finely diced
- 1 bunch scallions, chopped (save green part for garnishing)
- 1 red onion, finely diced
- 2 tablespoons virgin olive oil
- 1/3 cup dried currants
- 3 cups couscous
- 6 cups boiling water
- Salt and black pepper to taste

In a hot saute pan, add canola oil and caramelize onions with the scallions. Season. Remove to a large bowl. Add olive oil, currants and couscous. Boil water and add exactly 6 cups to bowl and quickly stir together. Immediately cover bowl with plastic wrap. Let stand 30 minutes. With a fork, fluff couscous and check for seasoning.

**Other Recipes from this Episode**

- [Shredded Lamb Sandwich with Dijon-Sambal Aioli and Spicy Potato Chips](#)

**Recipe Summary**

**Difficulty:** Easy  
**Prep Time:** 1 hour  
**Cook Time:** 4 hours  
**Yield:** 4 servings



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