

Greek Style Slow Roasted Lamb Shanks

Dimitra Khan



Servings: 6

6 lamb shanks, rinsed and dried (6 to 8)

16 garlic cloves, peeled (16 to 20)

8 ounces lemon juice, freshly squeezed

1/2 cup olive oil, plus a little more

2 teaspoons dried oregano (2 to 3)

1 teaspoon cumin powder

1 teaspoon granulated onion powder (1 to 2)

1 teaspoon sea salt (1 to 2)

freshly ground black pepper

1/4 teaspoon crushed red pepper flakes

1 cup water

Cuisine: Greek

Preheat oven to 450 degrees.

Spread the garlic cloves on the bottom of the roasting pan to create a bed for the lamb shanks.

Place the lamb shanks on top of the garlic. Drizzle some olive oil over them.

Sprinkle salt to coat each lamb shank. Season with the black pepper, crushed red pepper flakes, onion powder, cumin powder. Turn the lamb shanks over and drizzle some more olive oil and season the same way.

Place in the preheated oven uncovered for 30-35 minutes until the lamb gets a nice brownish color.

Reduce the oven temperature to 350 degrees.

Remove the lamb from the oven.

Mix the olive oil with the lemon juice and oregano. Pour over the lamb with a cup of water. Cover tightly with aluminum foil and place in the oven.

Roast for 2 and 1/2 hours or until the meat is very soft and falling off the bone.

Per Serving (excluding unknown items): 183 Calories; 18g Fat (85.1% calories from fat); 1g Protein; 6g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 317mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 3 1/2 Fat.