# Lamb Shanks with Bulgur Wheat

Lamb shanks with bulgur wheat is a richly flavoured and succulent meal. The spices perfectly complement the lamb meat. It is gloopy, comforting, warming and totally delicious. The lamb falls of the bone and is one of my favourite lamb dishes. Ideal for a dinner party or for curling up in front of a fire for a cosy evening in.

## Ingredients:

4 lamb shanks

2 red onions, sliced

4 cloves garlic, chopped chunky

Pinch of salt

1 tbsp ground turmeric

1 tsp ground ginger

Pinch chilli flakes

3 tbsp honey

1 tbsp soy sauce

6 tbsp Marsala wine (or port)

6 tbsp red lentils, rinsed

4 handfuls cherry tomatoes, rinsed

200g bulgur wheat, rinsed

8 figs, cut in half (optional)

## If cooking in the oven:

Preheat the oven to 160°C, 325°F, Gas 3.

Brown the shanks in a pan then remove them. Puree the onions and garlic then lightly fry in the frying pan until soft, sprinkling the salt over it to stop it catching. Stir in the spices, soy sauce and honey. Return the shanks to the pan, add cold water, mixed with the Marsala wine (or port) to almost cover the shanks. Bring to the boil, cover with the lid and place in the oven for 3 hours.

Add the lentils to the pan and cook for a further 20 minutes in the oven without the lid. Next add the bulgur wheat, cherry tomatoes and figs if using, stir through and replace the lid and return to the oven for a further 20 minutes.

## If cooking in the slow cooker:

Brown the shanks in a pan then add to the slow cooker. Add the pureed onions, garlic, spices, soy sauce and honey. Add sufficient water, mixed with the Marsala wine (or port) to virtually cover the shanks.

Cook on a high heat for 7-8 hours. Add the lentils and cook for a further 40 minutes. Next add the bulgur wheat, cherry tomatoes and figs, if using, and allow to cook for a further 45 - 50 minutes until the lentils and bulgur wheat have absorbed most of the fluid.

Serve with a fresh green salad or a selection of green vegetables.

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