

Lamb Shanks with Chick Peas

500 gms Chick Peas
6 Lamb Shanks
2 Tablespoons Oil
2 Onions
3 cloves Garlic
Cinnamon stick
Bay leaf
Can of Tomatoes
1 teaspoon Oregano
2 Cups Stock
Salt & Pepper

Method:

Cover Chickpeas with water – bring to boil – turn off – leave to soak for 2 hours

Brown Onions & Garlic

Add: Shanks and other ingredients and Drained Chick-peas,

Add: Wine, garlic and chilli to taste

cover & simmer till Lamb and peas tender – about 2 hours – add more stock/water if necessary