

FIVE-SPICE LAMB SHANKS

6 large meaty lamb shanks
(about 7 1/2 pounds)
2/3 cups sugar plus 6 tablespoons water
4 cups water
1 cup soy sauce
1/2 cup black vinegar or balsamic vinegar

4 ounces fresh ginger, sliced thin
12 whole star anise
8 large cloves of garlic, crushed
4 2-inch dried red chilies
2 teaspoons five-spice powder
2 green onions, sliced

over please 🍴 🍷

To make a caramel sauce, combine sugar and 6 tablespoons water in a medium saucepan. Bring to a boil, stirring until the sugar is dissolved. Boil without stirring over medium-high heat. Watch carefully, occasionally swirling pan for about 8 minutes, or until sugar turns a dark amber color. Combine 4 cups water, soy sauce, and black vinegar, and carefully add to hot caramel. Continue swirling over medium heat until caramel is dissolved.

Transfer caramel mixture to a large wide heavy-bottomed pot. Add star anise, ginger, garlic, chillies, and five-spice powder. Add lamb shanks. Add additional water to barely come half-way up lamb shanks. Bring to a boil, then reduce heat to a bare simmer. Simmer for about 3 hours, or until the meat falls off the bone.

Transfer meat to a platter to partially cool. Remove meat from bones, and shred into bite sized pieces. Discard bones.

Strain the sauce, remove fat if desired. Add shredded meat and bring to a simmer. Transfer to a serving platter. Sprinkle with green onions.