

Warm winter slow-cooked Lamb shank stew

This is the most nourishing and satisfying meal for a cold winter night. This winter I have been making variations of it once a week as it is so easy to make, you just throw all the ingredients into the slow cooker in the morning and in the evening it is ready to serve!

Chinese Food Medicine: Lamb is warming and blood building. It warms the digestive system and sends warmth down to the lower body. It can be particularly beneficial to the legs, liver and kidneys which are likely to suffer from cold complaints. After childbirth, many women are susceptible to cold in the lower half of their bodies so lamb broth can be beneficial and comforting. Lamb improves, qi and blood production, lactation and can be used to treat anaemia, weakness and impotence.

Here is what you need;

A slow-cooker (an essential for easy no fuss winter cooking and great for meat on bone or bone broths, where you slowly extract calcium, minerals and the marrow out of bones for robust health)

4 organic pasture-fed lamb shanks

1-2 cups of seasonal root vegetables (you can also add broccoli)

1 cup soaked brown rice or medium grain white rice (rice strengthens the spleen and stomach function; brown rice is more nutritious but white rice is easier to digest, hence soaking)

6-7 cups of boiled water (A full kettle)

Garlic and onions

Optional;

Half a cup of brown lentils

A handful of walnuts (strengthens and warms both the kidneys and lungs)

Fresh herbs to flavour or stock cube at the start

For a real Chinese blood building experience add;

10g Chinese herb Dang gui and 100g dried longan

Here is what you do;

1 put slow cooker on high and pour a kettle full of boiling hot water in

2 Heat oil or fat in a pan and sear the lamb shanks on high heat on all sides. Add them to the slow cooker

3 heat some garlic and onions in the same pan and add to cooker

4 add rice and chopped vegetables

5 simmer all day on low to med heat and serve when you are starving!!

Enjoy, serves about 4

Recipe by Eeka Berghofer