

Braised Chinese Lamb

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Lamb can be prepared in traditional Asian fashion, and it takes on a delicious flavor in this sweet and spiced recipe.

Ingredients:

3 pounds lamb stew meat, cut into 1-inch pieces
3 cups water
1 ½ cups chicken broth
1/3 cup Hoisin sauce
1/3 cup rice wine
¼ cup soy sauce
2 tablespoons honey
1 (1-inch) piece fresh ginger, peeled, sliced
1 (1-inch) stick cinnamon
4 green onions, chopped
1 teaspoon whole black peppercorns
4 star anise
Salt, to taste

Directions:

- 1) Combine lamb and water in a large pot; bring to a boil over high heat. Simmer 10 minutes; drain and discard water.
- 2) Combine lamb with remaining ingredients in pot; bring to a boil over high heat. Reduce to a low simmer; cover and cook until meat is very tender, about 90 minutes. Skim any fat off the surface; serve warm.