

Lamb Shanks in an Oaxacan Red Mole Sauce

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Recipe source: Patricia Satcoff via [Food Network](#)



INGREDIENTS:

For the mole sauce:

- 6 plum tomatoes, roasted in a 375 degree oven until blackened
- 2 garlic cloves, roasted
- Water, for consistency
- 3 teaspoons sesame seeds, toasted
- 1/4 teaspoon freshly-ground black peppercorns, toasted
- 1/2 teaspoon dried oregano, toasted (Mexican preferred)
- 1/2 teaspoon cinnamon, toasted
- 8 ancho chiles
- 6 guajillo chiles
- 3 tablespoons canola oil
- 1 1/2 ounce Mexican chocolate
- 1/2 cup sugar

For the lamb shanks:

- 4 medium to large lamb foreshanks
- Salt
- 1/4 cup canola oil, for searing
- 1/2 cup red wine vinegar
- 1/2 medium yellow onion chopped

- 4 (12-inch) square banana leaves (available in the frozen section of Mexican markets)

DIRECTIONS:

To prepare the mole sauce:

- In a blender or food processor, blend tomatoes and garlic cloves, adding water if necessary. Strain and set aside.
- In a spice grinder pulverize the sesame seeds, peppercorns, oregano and cinnamon; set aside.
- Make a lengthwise cut on 1 side of each ancho and guajillo chile and remove seeds. Put chiles in a bowl and cover with boiling water, letting soak for 20 minutes or until soft.
- Place chiles and soaking water in a blender. Puree, strain and set aside.
- In a medium stockpot, heat 3 tablespoons of canola oil. Add the dried spices stirring continuously.
- Add the two purees and bring to a boil. Add the chocolate, sugar, and salt to taste; let simmer for about 20 minutes.

Note: The mole sauce can be made up to 24 hours in advance.

To prepare the lamb shanks:

- Season the lamb shanks with salt and in a hot skillet sear shanks in oil on all sides.
- In a bowl, dip each shank in mole sauce, sprinkle with some of the vinegar, chopped onion and salt, then wrap in a banana leaf and then in aluminum foil.
- Place shanks in a roasting pan and bake in a preheated 325 degree oven for 3 1/2 to 4 hours, or until the meat is falling off the bone.
- Place shank on a plate and top with additional warm mole sauce.