



# Lamb Shank Mafé

## With Rof Gremolata

Serves 6

Evan Sung



Lamb shanks slowly simmered in peanut sauce are the image of comfort food in Senegal, especially when served with steamed rice, couscous, or fonio. Top with a gremolata recipe that is a twist on our traditional Senegalese rof. The heat from the Scotch bonnet and brightness of the lemon zest brilliantly lifts all the earthy favors of the peanut sauce.

—Pierre Thiam

From "Senegal, Modern Senegalese Recipes From the Source to the Bowl" by Pierre Thiam with Jennifer Sit, Lake Isle Press, 2015

### INGREDIENTS

- 2 tablespoons peanut or vegetable oil, plus more if needed
- 6 lamb shanks (about 1 ¼ pounds each)
- Salt and freshly ground black pepper
- 2 cups chopped yellow onion
- 2 garlic cloves, minced
- 2 tablespoons tomato paste, mixed with a few tablespoons water
- 2 quarts chicken stock or water
- 2 dried bay leaves
- 1 tablespoon finely chopped fresh thyme
- 1 cup unsweetened smooth peanut butter
- 1 Scotch bonnet pepper
- 2 tablespoons Vietnamese or Thai fish sauce
- Rof Gremolata for serving
- Spring Vegetable Fonio Pilaf for serving

### PREPARATION

1. Heat the oil in a large saucepan or Dutch oven over medium-high heat. Season the lamb shanks with salt and pepper. Add the shanks a few at a time, without overcrowding. Brown them well on all sides, about 8 minutes, and set aside on a plate. Repeat until all the shanks are nicely browned, adding more oil if necessary.
2. In the same pan, brown the onions. Reduce the heat to low and add the minced garlic. Stir well, then add the diluted tomato paste. Cook, stirring with a wooden spoon, for 7 to 10 minutes, until a deep, dark red. Add another tablespoon or two of water to prevent scorching, if needed.
3. Add the stock, raise the heat, and bring to a boil, then reduce to a simmer. Add the bay leaves, thyme, 2 teaspoons salt, and 1 teaspoon pepper. Slowly add the peanut butter 1 to 2 tablespoons at a time, stirring constantly to dissolve it in the liquid.
4. Return the shanks to the pot, pressing down to submerge them in the sauce. Add the Scotch bonnet and fish sauce. Bring to a boil, then reduce the heat to a simmer. Cover and cook for about 1 hour and 30 minutes, until the shanks are tender.
5. Uncover the pot and continue cooking until the sauce is thick and coats the back of a spoon. Remove the bay leaves and skim off the fat. Adjust the seasoning.
6. Serve the lamb shanks and sauce hot, on a platter. Top each shank with a generous pinch of gremolata and serve with a side of fonio pilaf.

#### ROF GREMOLATA | MAKES 1 CUP

- 1 bunch parsley, leaves finely chopped
- 3 scallions, finely chopped
- 2 garlic cloves, minced
- ¼ Scotch bonnet pepper, seeded and finely chopped
- Grated zest of 1 lemon
- Fine sea salt and freshly ground black pepper

Gently combine the parsley, scallions, garlic, Scotch bonnet, and lemon zest in a small bowl. Season with salt and pepper to taste. Store in an airtight container and refrigerate for up to 1 week.



#### Senegal: Modern Senegalese Recipes From the Source to the Bowl By Pierre Thiam with Jennifer Sit

"...a masterclass in...West African cuisine. Get ready to pack your bags for this culinary adventure.—  
Carla Hall



Inspired by the depth of Senegalese cooking and the many people he's met on his culinary journey, these recipes are Pierre Thiam's creative, modern takes on the traditional. Learn to cook the vibrant, diverse food of Senegal, such as soulful stews full of meat falling off the bone; healthy ancient grains and dark leafy greens with superfood properties; fresh seafood grilled over open flame, served with salsas singing of bright citrus and fiery peppers; and lots of fresh vegetables and salads bursting with West African flavors.

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