

## **Curried Lamb Shanks/Curry Soup**

2 or more lamb shanks  
1 large onion chopped  
1 tomato chopped  
1 package Thai Red Curry Paste  
2 Tbsp organic canola oil  
2 cans coconut milk  
sliced fresh or dehydrated shitake mushrooms

Fry onions and curry paste in canola oil in frying pan for two minutes add lamb shanks to brown. Transfer ingredients to baking dish add coconut milk and bake covered at 250 degrees for 3 hours or more. Serve the lamb with generous amounts of sauce.

Any sauce left over can then be turned into a delicious curry soup by adding 2 handfuls of chopped galangal, several chopped lime leaves and 1 tbsp of fish sauce and simmer for one hour. (these additional ingredients available at Amy's).