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Lean Gene Slow-Cooker Delights

A Sample Recipe from the “Lean Gene Diet”

<http://daviesnaturaltherapies.com.au/lean-gene-diet/>





Spiced Lamb Shanks

Equipment

Slow cooker large enough for the number of people who are dining.

Ingredients: for two people.

Two lamb shanks

1 generous tablespoon of Tomato Paste

1 generous tablespoon of Sweet Chilli Sauce

*N.B. If you increase the number of lamb shanks because more people are dining, you will need to increase the amount of sauce accordingly.

Method

1. Dissolve the tomato paste and sweet chilli sauce in a little water.
2. Now add water to this mixture until it is one cup in volume.
3. Place lamb shanks in the slow cooker.
4. Pour the mixture over the lamb shanks.

Cooking

1. Starting with frozen lamb shanks: Set slow cooker to high for 3-4 hours, depending on how tender you like the meat. I use 4 hours. After that time the meat just falls off the bone.
2. Starting with thawed or fresh lamb shanks: Set slow cooker to low for 3-4 hours, depending on how tender you like the meat. I use 4 hours. After that time the meat just falls off the bone.

N.B. In the slow cooker you will have a delicious sauce to ladle over each of your lamb shanks!

Comment

The slow cooker meals should be served with *either*:

- Vegetables, *or*
- Salad. Recipes for salads and salad dressing are provided as part of the “Lean Gene Diet”.

