



茴香小羊

FENNEL SEED LAMB

Tonifies Kidney Yang.
Disperses coldness and tonifies Qi.

INGREDIENTS

- 5 g (0.2 oz) fennel seeds
- 20 g (0.7 oz) cumin, ground
- 500 g (17.6 oz) lamb shank
- 15 g (0.5 oz) baby ginger, minced
- 10 g (0.4 oz) scallions, minced
- 5-10 g (0.2-0.4 oz) cornstarch
- 1 tsp rice wine
- salt, to taste
- chili (optional), to taste

Makes 3 – 5 servings

PREPARATION

- Cut lamb into $\frac{3}{4}$ inch cubes.
- Place lamb, minced ginger & scallions, cornstarch, cumin and rice wine in a bowl. Blend ingredients for five minutes.

COOKING

- Heat 2-3 tablespoons of oil in a wok. Place lamb mixture in the wok and stir-fry until medium-well (or to desired doneness).
- One minute before removing from fire, add fennel seeds and chili.