

bent street kitchen

BEEF SHIN RAGU

Ingredients:

1.5 kg beef shin, bone in
1 large onion, chopped
3 cloves garlic, crushed
1.5 cups diced carrots
3 celery sticks, diced
3-4 sprigs of rosemary
1 cinnamon stick
2 bay leaves
2 anchovy fillets
2 400g tins of plum tomatoes
3/4 bottle of red wine
1 t sherry vinegar
1/2 - 1 t sugar
Grapeseed oil, for frying

Method:

Preheat oven to 190°C.

Heat oil in oven-proof casserole pan over high heat. Season beef with salt and pepper. Brown beef pieces all over and fry in batches. Remove beef from pan and set aside.

Reduce heat to medium. Add more oil if needed. Fry onion, garlic, carrots, celery and herbs. Cook for about 5 minutes.

Add tomatoes, wine, anchovies and beef and bring to the boil. Cover pan with lid and cook in oven for 3 hours, or until meat breaks easily with a spoon. Add sherry vinegar and sugar. Check seasoning and add salt, pepper and more sherry vinegar and sugar to taste.

Serve with pappardelle pasta, roast or mashed potatoes or steamed long grain rice.

Serves 4-6.