

Braised Beef Shin

Serves 2

Ingredients:

500g beef shin
1 tbsp butter
1 tsp cooking oil
1 medium onion, peeled & quartered
2 garlic cloves, peeled
Handful fresh thyme or 2 tsp dried
200 ml red wine
1 litre beef stock (or substitute; water works fine)
Salt & black pepper

Special equipment:

Pan that goes from hob to oven, with lid.



Method:

1. Preheat your oven to 130 centigrade.
2. Heat the butter & oil until sizzling, and then add the beef. While it's browning on both sides, lay the onions around it.
3. When the beef is brown, stir in the garlic, pepper, thyme, & a pinch of salt.
4. Add the wine. Let it bubble for a minute or so.
5. Pour in the stock or water, bring to the boil then put on a lid & transfer to the oven.
6. Allow to braise for 3-4 hours, checking occasionally to make sure there's still liquid in the pan.
7. When the beef is ready, you should be able to cut it with a spoon. Delicious with mash.