

# Braised Shin of Beef

Note 2 day preparation for this dish!

Serves 4 people

Takes 30 minutes to prepare and 2.5 hrs to cook, pre heat oven to 165 Celsius

## EQUIPMENT

Cooks knife  
Cutting board  
Large casserole dish with lid  
Small mixing bowl  
Large serving platter  
Potato peeler

## INGREDIENTS

Seeds of a small ripe pawpaw [or keep frozen seeds if out of season]  
1 full beef shin un-cut [if cut this is osso bucco]  
2 brown onion  
4 cloves garlic  
2 large carrots  
½ bunch celery  
2 bay leaf  
6 pepper corns  
½ cup olive oil  
1 cup plain flour  
1 cup red wine  
1 tea spoon salt  
500ml beef stock  
1 x tin chopped tomato

## METHOD

1. With your cooks knife cut deep small pockets in the shin of beef, slip the peeled cloves of garlic into the pockets, place shin into the plastic bag with the paw paw seeds and wrap until quite air tight, place in fridge for at least 24 hrs.
2. Heat oven to 200 Celsius
3. Remove shin from fridge brush off seeds and rub with oil, salt and dust with ½ of the flour.
4. Place in roasting tray with chopped onion , carrots and celery add rest of oil to the vegetables dust with the remaining flour and lightly mix, roast with lid off until light brown , turn shin over mix up veg and repeat the process until both sides are brown.
5. Add the pepper corn's bay leaf, tin of chopped tomato and beef stock.
6. Braise in oven with lid on for 1 hour, add the red wine and gently stir through , braise for a further 1 hour or until liquid has reduced to sauce consistency.
7. Serve out onto platter and pour over the thick vegetable and red wine sauce.
8. Serve with creamy mash, crusty bread or just a glass of Shiraz.

Sourced from : [www.miniaturedextercattle.com.au](http://www.miniaturedextercattle.com.au)