Braised Beef Shanks in Zinfandel Reduction

Description

The wonders of braising in a Dutch oven, try this braised beef shanks in Zinfandel reduction recipe. Simply spectacular.

Ingredients

- 2 beef shanks (2 pounds), sliced across the bone (3/4 " thick)
- 1 large yellow onion, chopped
- 2 shallots, chopped
- 4 cloves garlic, chopped
- 1 carrot, chopped
- 2 cans whole peeled tomatoes (14 oz cans ea)
- 1 can tomato paste (6 oz)
- 3 cups beef stock
- 2 cups dry red wine (zinfandel)
- 2 tbsps olive oil
- 1 bay leaf
- 1 sprig fresh rosemary
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 tsp coarse salt
- fresh ground black pepper (to taste)



Summary

Yield: 2
Source: Ms Glaze's Pommes d'Amour
Prep Time: 3 hours
Category: Meats
Cuisine: French

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Instructions

Preheat oven to 325° F.

Beef Shanks



Trim beef shanks and remove any excess fat surrounding the meat.

With a knife, make incisions in the thick connective tissue that surrounds the meat. This tissue will tighten during cooking and push the beef shanks out of their circular form.

Optional - you can tie kitchen string around each shank to keep a circular shape during cooking.

Season beef shanks generously with coarse salt and fresh ground pepper.



In a 6 qt Dutch oven, heat 2 tablespoons of olive oil. Sear the beef shanks on both sides. Add the

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onions, shallots, celery and carrots and continue to sauté until the onions are translucent.



Add the Zinfandel red wine and reduce liquid by half. Add the 3 cups of beef stock until it just covers the meat.

Add the cans of peeled tomatoes including liquid, and break apart the tomatoes with a spoon. Add the can of tomato paste, and stir to mix thoroughly.

Add the bay leaf, rosemary, oregano and basil and bring the braising liquid to a slow boil. Place the pot in the oven uncovered. Check every 1/2 hour. Turn the shanks over after 1 hour. If the braising liquid reduces too quickly, add more wine and/or beef stock to replenish. The beef shanks should be covered by the braising liquid at all times.

Continue to cook for 2 (or more) hours until the meat is tender.

Zinfandel Reduction



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Remove the Dutch oven from the oven, and transfer the beef shanks to a plate, cover to keep warm. Remove the bay leaf and rosemary sprig. Transfer the liquid and contents from the Dutch oven to a mixing bowl.

With a hand-held blender, puree the braising liquid until smooth, about 30 seconds. The sauce should be thick enough to coat the back of a spoon.

If too thin, pour the sauce back into the Dutch oven, and continue to reduce on the stove until the sauce thickens sufficiently.

To Serve

Place beef shank on the plate, spoon the Zinfandel reduction over the top.

Notes

Recipe inspired by Ms Glaze's Pomme d'Amour