

Beef Shanks

2 OR 3 LARGE, MEATY BEEF SHANKS
OLIVE OR VEGETABLE OIL
KOSHER SALT & BLACK PEPPER
2 SPRINGS OF FRESH ROSEMARY (OR 1 TSP. DRIED)
2 SPRIGS OF FRESH SAGE (OR 1/2 TSP. DRIED)
1 RED BELL PEPPER (SLICED)
1 LARGE ONION (QUARTERED)
2 LARGE CARROTS (PEELED AND CHOPPED)
1 STALK OF CELERY (CHOPPED)

Take the shanks out of the refrigerator for an hour before cooking. Sprinkle with kosher salt and pepper.

Preheat a large stock pot on high heat, then add oil and brown the shanks on both sides. Then, add vegetables and spices and cover with water. Put a lid on the pot and simmer for a minimum of 2 hours.

After simmering, remove shanks and pour the broth through a strainer. Set aside the large chunks of vegetables. Place the shank in a braising pan or another large-bottom stock pot. Do not overcrowd the shanks. Pour half of the broth onto the shanks and turn the heat to medium/high. Boil with lid on until all the broth has evaporated, and you are left with a sticky gravy. Flip meat over, pour in the rest of the broth and repeat until all stock has cooked off the meat. Now you are ready to eat up this delicious rendered beef!