

Braised Thor's Hammer

Ingredients

- 4 lbs. beef shank
- 1 Tbsp Salt
- 2 tsp Ground black pepper
- 1 Tbsp Montreal steak Seasoning
- 1 Tbsp Olive oil
- 6 carrots, peeled and cut in a large dice
- 1 large onion, diced
- 6 cloves garlic, smashed
- 1 TBSP flour
- 2 cups of red wine
- 6 cups of beef broth
- 1- 14.5 oz can, diced tomatoes
- 3 sprigs rosemary
- 1 bunch thyme
- 2 bay leaves



Recipe from *Trig's*

Serves: 2



Chef Maya

Directions

Preheat oven to 300 degrees F

Tie Rosemary and Thyme in a bundle with butcher twine and set aside.

Trim the outer thick silver skin from the beef shank. Generously season with salt, pepper and Montreal seasoning. Tie the meat with butchers' twine to secure.

Heat oil in a Dutch oven over high heat. Sear the meat on all sides until brown.

Remove the meat from the Dutch oven and set aside, lower heat to medium-low. Add the carrot, onion, and garlic sauté vegetables for 8-10 minutes stirring occasionally until they begin to soften. Dust the vegetables with flour and cook stirring constantly for an additional 2 minutes.

Deglaze the pan with red wine, add the beef broth, tomato and thyme rosemary bundle along with the bay leaf. Return the beef to the pot and bring it to a simmer. Cover with a lid or tightly with foil. Cook in 300 degrees oven 2.5 hours, flip the shank for even cooking, recover and cook an additional 2 hours or until fork tender.

Remove the shank from the broth and set aside on a serving platter tented with foil to allow it to rest. Remove the herb bundle and discard.

Skim any excess fat from the braising liquid, puree with a hand blender for the sauce.

Shred the beef away from the bone and serve with sauce over a bed of creamy polenta, mashed potatoes, or Risotto.