



Slow Braised Shin of Organic Beef

Rings of organic beef shin on the bone, or 'osso buco', slow cooked until meltingly rich

Serves: 4

Prepare: 10 Minutes

Cook: 2 Hours

Difficulty: medium

Ingredients

- 2 tbsp rapeseed oil
- 600g [organic beef osso buco](#)
- large white onion, finely sliced
- 2 garlic cloves, finely sliced
- 2 bay leaves
- 2 stems of fresh rosemary
- 1 tbsp plain flour - for dusting
- sea salt
- freshly ground black pepper
- 1 glass of red wine
- 1 Pouch of [organic beef bone broth](#)
- 1 Tin of Tomatoes

Method

1. Season the organic beef osso buco with salt and pepper and then toss through the flour, giving the meat a light dusting
2. Place a large casserole dish on to the hob on a high heat. Drizzle in the rapeseed oil
3. Sauté the osso buco until brown, roughly 2 minutes per side
4. Add the onion and garlic and sweat for a minute until they soften slightly, then add the red wine
5. Allow the alcohol to burn off over a high heat then turn the hob down before adding your beef broth and tomatoes
6. Add the rosemary, bay, and thyme before covering with a lid and simmering for 1.5 hours
7. After this time, remove the lid, and allow to simmer and reduce until your desired consistency. We like quite a thick sauce but reduce as far as you like or add more beef broth if you prefer a thinner jus
8. Serve with the organic beef osso buco with a choice of veggies - we like a butter bean mash and al dente greens
9. *This recipe is great at home in the kitchen, or just as good as a one-pot campfire meal