

Pro Tip Recipes

PREP TIME 20 MIN | COOK TIME 3 HOURS | SERVES 10

ORECCHIETTE WITH TUSCAN SLOW COOKED SHIN OF BEEF

Method

1. Heat the oven to 160 ° C, full fan. Season the beef. Heat 30mls oil in a large frying pan over high heat, add half the garlic and beef and cook turning to caramelize beef on all sides. (Do this in batches if required). Place in a full gastronome. Add wine to frying pan to deglaze. Pour onto beef.
2. For Sauce: return frying pan to heat, add 30mls oil, remaining garlic, onions, celery and carrots to frying pan, cook until softened, stir in crushed tomatoes, tomato paste, half the parsley, bay leaves and the beef stock. Stir well. Simmer for 5 minutes. Add to gastronome.
3. Cover with baking paper and tightly wrapped foil, place in the oven. Cook for 2 ½ - 3 hours or until the meat is tender. Stir every hour. Remove beef from gastronome.
4. Heat remaining oil in a frying pan over medium high heat, add cooked pasta stir to coat. Add beef, stir to combine. Place in serving bowl. Sprinkle with remaining parsley and parmesan cheese.
5. Serve with fresh orecchiette, sprinkled with parsley and a hearty salad.

INGREDIENT LIST

Beef

- Beef, Shin, off the bone

Other Ingredients

- 80mls olive oil
- 30g garlic cloves, finely chopped
- 750ml chianti or robust red wine
- 300g onions, finely chopped
- 300g celery sticks, finely chopped
- 360g carrot, finely diced
- 800g crushed tomatoes
- 80g tomato paste
- 30g chopped flat leaf parsley
- 4 bay leaves
- 150mls beef stock
- 800g orecchiette, cooked according to directions
- flat leaf parsley & grated parmesan to garnish

Serving Suggestions

- Hearty salad or Steamed greens vegetables

