

## **How to cook Beef Shin**

### Ingredients

2kg bone in Shin of beef

2 bay leaves

sprigs of thyme and rosemary

large can of beer or ale whatever brand you like

2 red onions quartered

330ml stock whatever you have or make up beef

2 cloves of garlic

2 handfuls of mushrooms torn or halved

tbsp oil

**Method**

STEP 1

Pre heat your oven to 140c

STEP 2

Use a casserole or roasting tin large enough to hold all the ingredients, Put the Shin of beef along with the herbs, Beer and stock in.

STEP 3

Cover with a tight fitting lid or double thickness of tin foil to stop the liquid evaporating

#### STEP 4

Cook for 4 hours. Fry the onions in the oil until lightly brown then add the mushrooms and garlic, get a little colour on the mushrooms. Remove the lid or foil add the onions and garlic mushrooms spoon juices over the joint then return to the oven for another 45 mins to an hour basting now and again.

#### STEP 5

The beef should be melt in the mouth tender by now take out and leave to rest. Take out the bay and herbs thicken the gravy if needed and serve with your fav veg.

#### STEP 6

use your local butcher get to know them and ask about the meat and how to cook it they are brilliant and you ll enjoy it more better than saying i got it from the supermarket, our butcher march quality meat is the best i've ever used very friendly and helpful.

**OR**

1

Heat a [large pan](#) over a medium heat with 1 tbsp of oil

2

Season the beef with salt and pepper and toss in the flour to lightly coat. Brown the beef until caramelised all over, doing so in small batches so that the pan stays nice and hot.

3

Caramelise the onions and add the beef shin back to the pan with the reserved bones, herbs and garlic. [Cover with the stock.](#)

4

Bring to the boil, reduce to a simmer and cook for 2 hours before adding the carrots and swedes. Cook for a further hour or until the beef is tender and falling apart.

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