

# Braised Beef Shanks with Tomatoes

## Ingredients

2 meaty beef shanks, seasoned with pepper and salt

1 tablespoon high-heat oil (I used grapeseed)

1 tablespoon unsalted butter

Half of a very large onion, chunked up

4 ounces whole white mushrooms, quartered

2 medium ripe tomatoes, cut in eighths

Half head of garlic, peeled and sliced thick

2 1/2 cups homemade or high-quality beef stock

1 tablespoon tomato paste

1 cup good red wine (I used an Oregon Pinot Noir)

2 bay leaves

Handful of thyme sprigs

Black pepper and salt, to taste

## How to make it

Preheat oven to 325 degrees. Season the beef shanks with pepper and salt, then score the membrane in several places on

the sides. Heat a Dutch oven to medium high heat and add the oil, then sear the beef until very browned on all sides. Remove and set aside to a plate.

Add the butter, then toss in the onions and mushrooms. Reduce heat a bit. Cook and stir until the mushrooms have browned and onions are softened.

Top with the tomatoes and garlic, then pour in the beef stock. Grind more pepper over if your feeling it. Stir in the tomato paste until combined. Now pour in the red wine and bring up a a boil and simmer for about 5 minutes.

Nestle the beef shanks into the liquid, then add in the bay leaves and thyme.

Cover and cook in the oven for 4 to 5 hours, until beef is fall-apart tender. Remove the beef to a plate, then remove the bay leaves and thyme sprigs and gently stir gravy to combine. Taste for additional seasonings and add, if needed. Serve each shank with risotto, pasta, or potatoes, topping the shanks with a generous amount of gravy and veggies.

source:[allsimplyrecipes.com](http://allsimplyrecipes.com)