



## Beef Shanks Osso Bucco

Time: 3-4 hours

Serves: 4

### Ingredients:

4 beef shanks, cut 1 ½ inches thick  
¼ cup flour  
½ teaspoon salt  
½ teaspoon pepper  
¼ cup olive oil  
1 large onion, cut in quarters  
8 garlic cloves, minced  
3 celery ribs, cut ½ inch  
3 large carrots, cut 1/2 inch  
1 hot chili pepper, long (optional)

¼ teaspoon sage  
1 teaspoon parsley  
¼ teaspoon thyme  
1 bay leaf  
1 cup grass fed beef stock  
¾ cup red wine  
4 large tomatoes, skinned and chopped  
(OR 1 can whole peeled tomatoes)  
3 ounces pancetta

### Directions:

1. Heat oven to 325 degrees (*unless using slow cooker*).
2. Dredge the shanks in flour salt and pepper mixture.
3. Heat olive oil in stainless steel pan and brown beef shanks 2-3 minutes per side.
4. Remove shanks from oil and add carrots, onion, garlic, celery, and pancetta. Stir together 2-3 minutes. Add the herbs and fry 2-3 minutes and then add the chili pepper, if using, and fry for 2-3 minutes.
5. Add the wine and deglaze the pan and boil for 3-4 minutes and then add beef stock and tomato.
6. Place the beef shanks in the mixture or place everything in a Dutch oven and place in the oven for at least 3 hours, or until tender. Alternatively, you can use a slow cooker and cook for 4 hours.