

# Braised Beef Shanks in Zinfandel Reduction

## Description

The wonders of braising in a Dutch oven, try this braised beef shanks in Zinfandel reduction recipe. Simply spectacular.

## Ingredients

- 2 beef shanks (2 pounds), sliced across the bone (3/4 " thick)
- 1 large yellow onion, chopped
- 2 shallots, chopped
- 4 cloves garlic, chopped
- 1 carrot, chopped
- 2 cans whole peeled tomatoes (14 oz cans ea)
- 1 can tomato paste (6 oz)
- 3 cups beef stock
- 2 cups dry red wine (zinfandel)
- 2 tbsps olive oil
- 1 bay leaf
- 1 sprig fresh rosemary
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 tsp coarse salt
- fresh ground black pepper (to taste)



## Summary

**Yield:** 2

**Source:** Ms Glaze's  
Pommes d'Amour

**Prep Time:** 3 hours

**Category:** Meats

**Cuisine:** French

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## Instructions

Preheat oven to 325° F.

### Beef Shanks



Trim beef shanks and remove any excess fat surrounding the meat.

With a knife, make incisions in the thick connective tissue that surrounds the meat. This tissue will tighten during cooking and push the beef shanks out of their circular form.

Optional - you can tie kitchen string around each shank to keep a circular shape during cooking.

Season beef shanks generously with coarse salt and fresh ground pepper.



In a 6 qt Dutch oven, heat 2 tablespoons of olive oil. Sear the beef shanks on both sides. Add the

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onions, shallots, celery and carrots and continue to sauté until the onions are translucent.



Add the Zinfandel red wine and reduce liquid by half. Add the 3 cups of beef stock until it just covers the meat.

Add the cans of peeled tomatoes including liquid, and break apart the tomatoes with a spoon. Add the can of tomato paste, and stir to mix thoroughly.

Add the bay leaf, rosemary, oregano and basil and bring the braising liquid to a slow boil. Place the pot in the oven uncovered. Check every 1/2 hour. Turn the shanks over after 1 hour. If the braising liquid reduces too quickly, add more wine and/or beef stock to replenish. The beef shanks should be covered by the braising liquid at all times.

Continue to cook for 2 (or more) hours until the meat is tender.

## Zinfandel Reduction



## Braised Beef Shanks in Zinfandel Reduction

Remove the Dutch oven from the oven, and transfer the beef shanks to a plate, cover to keep warm. Remove the bay leaf and rosemary sprig. Transfer the liquid and contents from the Dutch oven to a mixing bowl.

With a hand-held blender, puree the braising liquid until smooth, about 30 seconds. The sauce should be thick enough to coat the back of a spoon.

If too thin, pour the sauce back into the Dutch oven, and continue to reduce on the stove until the sauce thickens sufficiently.

### To Serve

Place beef shank on the plate, spoon the Zinfandel reduction over the top.

### Notes

Recipe inspired by [Ms Glaze's Pomme d'Amour](#)