



This used to be a common and low cost cut. But it's generally bought by the Burger Chains now and it's not often available in the supermarkets around here. So when I found 500g packs yesterday we thought it would be a bit of a treat and essentially within budget. We were not wrong!

Ingredients:-

500g of Shin Beef, cut into larger cubes
2 Red Onions , peeled and roughly chopped
3 Carrots , peeled and roughly chopped
3 sticks of Celery , trimmed and roughly chopped
4 cloves of Garlic , peeled
2 Sprigs of fresh Rosemary
2 Bay Leaves
1 Box of ?Wild? Mushroom, roughly chopped
1 Stick of Cinnamon
1 tablespoon of Plain Flour (Gluten free for us)
2 Tins of Plum Tomatoes
? of a bottle low price Red Wine
Olive Oil
Freshly ground Black Pepper
Sea Salt

Method:-

(1) Preheat your oven to 180°C/350°F/gas 4. In a heavy-bottomed ovenproof saucepan / Dutch

Oven, heat a splash of olive oil and gently fry the onions, carrots, celery, garlic, herbs, Mushrooms and cinnamon for 5 minutes until softened slightly.

(2) Meanwhile, dust the pieces of beef in a little seasoned flour, shaking off any excess. Add the meat to the pan and stir everything together, then add the tomatoes, wine and a pinch of salt and pepper.

(3) Gently bring to the boil, cover with the lid and place in your preheated oven for 3 hours or until the beef is meltingly tender and can be broken up with a spoon. Taste and check the seasoning, remove the cinnamon stick and rosemary sprigs and serve.

We served ours on a bed of mashed Potatoes with Savoy Cabbage & fried Bacon Lardons and Courgette Fritters.