

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, Muchrooms 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.