



Braised Shin of Fincastle Beef

This month our recipe is from Mark Eaton, Head Chef at the Killiecrankie Hotel. I can't wait to try this.

- 8 – 10 pieces Shin of Beef (cut 2cm thick)
- 100g seasoned Plain Flour
- 50g butter
- 2 red onions
- 3 sticks celery
- 2 carrots
- 2 garlic cloves
- 250 ml Red wine
- 400ml Stock
- Salt and Pepper

Heat oven proof pan, large enough to take all ingredients

Flour shins, shaking off excess flour

Put oil and butter in pan and brown shins, then set aside

Add to pan finely-chopped garlic, onion, celery and carrot and cook until soft

Add red wine and reduce by half

Add stock and bring to simmering point

Add shins and cover pan

Place in oven 140°C or gas mark 2 and cook for 1 ½ to 2 hours

(check occasionally to make sure shins are still covered with stock, topping up if needs be)

When shins are tender, remove from pan, keeping them covered to prevent drying

Reduce cooking liquid by boiling to make a gravy.

Serve with creamy mashed potato and vegetables, or try and Saffron and Pea Risotto to be a bit different!
