

Beef Shanks Flavored with Garlic & Rosemary



This fork-tender slow-cooked beef shank flavored with aromatic rosemary, caramelized garlic, and red wine vinegar is a filling meal to relish for lunch/dinner!

Ingredients for 2 serving (US/Metric)

- 446g / 15.7oz **Beef Shank**
- 5 *cup* **Beef stock**
- 3 *tbsp* **Olive oil**
- 6 *pieces* **Garlic Cloves**
- **Rosemary sprig**
- **Red wine vinegar**
- **Salt & pepper to taste**

Nutrition (US/Metric)

- **Protein:** 52%
- **Fat:** 42%
- **Net carbs:** 7%

Instructions

1. Coat the beef shank with salt & pepper seasoning!
2. Place a braising pan on the stove and drizzle the olive oil.
3. Once the oil is hot put the seasoned beef shank in it. Cook till both sides are nicely browned. Take out in a dish and keep aside.
4. Reduce the heat to low; put the garlic (use the same pan) and stir fry till light brownish.
5. Pour the stock and red wine vinegar, followed by the seared beef shank and let it come to a boil.
6. Add the rosemary and cover the pan with a lid. Let it simmer for 2 hours till the beef is cooked through and tender. (*If required, pour some water).