



BEER-BRAISED BEEF WITH RED, WHITE & BLUE POTATOES

Ingredients

Beef shanks
Salt & pepper
Olive, sunflower, or grapeseed oil
Beer, red wine, stock, or a combination. I used stout and some water, because that's what I had.
Garlic cloves, chopped
Mushrooms, if you'd like
Red, white & blue baby potatoes
A touch of white wine vinegar, to correct the seasoning

**THERE WAS A SONG I
LEARNED IN MIDDLE SCHOOL
CHORUS THAT WENT: "I'D
LIKE TO TEACH THE WORLD
TO SING..." (IN THE 80S,
A POPULAR SODA COMPANY
CO-OPTED THE SONG FOR
A COMMERCIAL). IF I COULD
TEACH THE WORLD ONE
THING, IT WOULD BE HOW
TO BRAISE.**

Directions

1. Remove the beef from the package, and pat dry with paper towels
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2. Amply season the beef, on both sides, with salt and pepper
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3. In a Dutch oven or other heavy pan with a cover, heat the oil in a hotter part of the fire.
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4. When the oil is hot, add the shanks. Sear until deep brown on the first side.
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5. Turn the shanks, and sear on the second side.
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6. Add your braising liquid and stir up any browned bits from the bottom of the pan (the fancy term for that is deglazing!). Make sure that there's enough liquid so the liquid won't boil off and burn. More is better than too little! Add the garlic, too. Place the pan over a part of the fire where it will simmer, but not boil. Cover.

BRAISING IS A METHOD OF COOKING FOOD SLOWLY, IN LIQUID, UNTIL IT IS FALLING-APART TENDER. IT'S A GREAT WAY TO PREPARE CHEAPER CUTS OF MEAT, WHICH ARE NOT ONLY ECONOMICAL, BUT ARE ALSO GREAT TO BUY FROM FARMERS. WHY? BECAUSE IT'S EASY FOR FARMERS TO SELL THE STEAKS AND THE BURGER, BUT IT'S HARDER FOR THEM TO FIND PEOPLE WHO KNOW HOW TO USE THE OTHER CUTS. IF YOU'RE ONE OF THOSE PEOPLE, THEY WILL APPRECIATE YOU A GREAT DEAL!

I MADE A NICE, QUIET FIRE, AND LET THE BEEF COOK FOR THREE HOURS, WHILE I READ A BOOK.



Directions (cont.)

7. After 30 minutes, check to make sure that the temperature in the pan is appropriate.

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8. Cook for around two and a half hours to three hours, checking every 20 to 30 minutes, and adding liquid as necessary. When you notice that the meat is getting tender and starting to fall off the bone, add the mushrooms and potatoes, and a little more salt and pepper.

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9. Cover again, and cook until the potatoes are tender. If the meat isn't done, it's ok to remove the potatoes and keep cooking the meat, or, if you don't mind that they'll be a little soft, leave 'em in.

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10. When the meat is done, if you wish, you can take the meat out, put the pan over slightly higher heat, and reduce the sauce to the consistency of a glaze.

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11. Either way, finish season the sauce with salt, and vinegar if it needs more acidity.