



Braised Beef Shanks

## Beef shanks braised in Barolo wine with celeriac puree

(serves 4)

### For the puree

2 celeriac bulbs, coarsely diced  
50 g butter  
250 ml chicken stock  
500 ml cream  
salt and pepper  
nutmeg

For the puree, melt the butter in a saucepan over a medium heat and fry the diced celeriac gently. Pour in the chicken stock and cream and stir well. Cover the pan with a lid and cook the celeriac until soft. Transfer the content of the pan to a blender and blend until smooth. Season the puree with salt, pepper and nutmeg, then set aside.

### For the meat

2-3 pieces topside beef, trim off excess fat and skin  
2 white onions, diced  
1 stalk of celery, diced  
2 carrots, diced  
2 cloves garlic, diced  
1 tbsp olive oil  
1 tbsp butter  
3 tbsp tomato paste  
1 bottle of Barolo  
½ bottle of red port  
salt  
freshly ground pepper  
nutmeg

Roll up the beef and tie it with kitchen string. Season with salt and freshly ground pepper. Heat the oil in a pan and fry the meat on both sides. Remove the meat from the pan and set aside. Melt the butter in the pan. Add the diced vegetables and simmer for 15 minutes. Stir in the tomato paste and roast until dark red in colour. Add some of the Barolo and port wine. Cook over a medium to high heat, add some of the remaining Barolo and port from time to time and allow it to reduce almost completely. Add the meat roll and cover with water. Cover the pan with a lid and braise the meat for 2 to 3 hours on a low heat until the meat is tender. Remove the meat from the pan and allow to rest.

### To serve

veal stock (recipe below)  
fresh chervil leaves

To serve, slowly heat the celeriac puree. Cut the meat into 1 cm thick slices and reheat the meat in the veal stock. Remove the meat from the stock, allowing any excess to drip off.

Place the meat slices onto pre-warmed plates and drizzle the sauce over. Using a spoon, form oval shapes of the puree and place two or three next to each slice of meat. Garnish with some chervil leaves and serve at once.

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Veal stock (makes about 6 litres)

2 kg veal bones, cut into bite-size pieces  
1 kg veal breast, cut into bite-size pieces  
1 kg veal tails, cut  
160 ml peanut oil  
400 g roast vegetables (white), diced  
500 ml dry white wine  
10 litres cold water  
2 sprigs of thyme  
a few parsley stalks  
1 bay leaf  
16 peppercorns, lightly crushed  
salt

Cover the veal bones, breast and tails with water, bring to the boil, drain and cool under cold water. Heat the peanut oil in a saucepan and add the veal pieces. Add the diced vegetables, braise them and drain off the fat. Add the white wine and let the liquid boil down. Then cover with cold water. Bring to the boil and skim off any froth that forms. Add the herbs and spices and some salt. Simmer gently for 1 to 1 ½ hours. Skim off any fat and strain the stock through muslin cloth.