

SHIN OF BEEF RECIPE

Please note this recipe takes 5 hours to cook

Provided

Shin of Beef

2 red onions

2 cloves garlic

Mushrooms

Thyme and rosemary

You will need

Large can of beer or ale

330ml of stock

Tablespoon of oil

Preheat oven to 140 degrees C

Use a casserole or roasting tin and put in shin of beef along with herbs, beer and stock

Cover with a tight fitting lid to stop liquid evaporating

Cook for 4 hours. Fry the onions in the oil until lightly brown then add mushrooms and garlic until a little colour on mushrooms.

Prepare roasted vegetables as per that recipe and after 4 hours put them into the oven for 50 – 60 mins

Remove lid and add onions and garlic mushrooms, spoon juices over the joint and then return to oven for another 45 mins to an hour basting now and again

The beef should be melt-in-the-mouth tender by now. Take out the herbs, thicken the gravy if needed and serve with roasted vegetables (see separate recipe)

ROASTED VEGETABLES

Ingredients provided

Parsnips (3-4)

Carrots (3-4)

Potatoes (5-6)

Red Onions (3-4)

Peppers (3-4)

You will need to provide:

Olive Oil

Butter

Preparation

Wash and peel potatoes and cut into small chunks. Put in pan and bring water to boil and boil for 5 minutes ONLY

Drain potatoes and put in a dish with some butter on top

Pre heat oven to 170 degrees C

Potatoes need to go into oven for an hour to roast

Peel parsnips and carrots and cut into big chunks

Cut top and bottom off onions, take off outer skin, cut into quarters.

Peppers – slice round top of pepper, pull out stalk and pips, cut into halves or quarters

**Put all these vegetables into a roasting tray and sprinkle over some olive oil.
Put into oven with potatoes about 10 minutes AFTER you've put the potatoes in.**

**25 mins after putting in vegetables in take all vegetables and potatoes out,
give them a good stir and turn over and put back in oven for a further 25 mins.**