

Twelve-Hour Pork Shank

From Nelson's Kitchen
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Once in a while we buy a whole pig from a local small producer in Edmonton. She raises black Iberico pigs that have a very distinct, sweeter, flavour. When you buy a whole pig, you have to decide what to do with all the parts. I run into this recipe, due to Charla Padilla, from Madison's Grill in Edmonton, published in *The Tomato* in 2014. It makes for a delicious dish and most of the cooking is unsupervised. If you would like a simpler, and very delicious dish, check out Pork Knuckle.

Ingredients:

- 6 pork shanks
- salt and freshly ground pepper
- 2 Tbs of unflavoured cooking oil
- 1 medium onion, chopped
- 2 medium carrots, chopped
- 2 celery ribs, chopped
- 6 cloves of garlic, minced
- 1 cup dry wine
- 6 cups vegetable stock (or water)
- 3 springs rosemary
- 2 bay leaves
- 2 springs thyme

Procedure:

1. Browning the Shanks

- Preheat the oven to 400 F.
- Season the shanks with salt and pepper.
- Line a rimmed baking sheet with aluminum foil, and fit a rack over the lined sheet.
- Place the shanks on the rack and roast in the oven for about 20 minutes or until the shanks are golden brown.
- Remove shanks from the oven and reduce the oven to 250 F.

2. Make the Flavour Base

- In a thick-bottomed dish that can accommodate the shanks later, saute the onion, carrots, celery and garlic until softened and lightly browned.
- Add the wine and bring to a boil.
- Simmer until slightly reduced, about 2 minutes.
- Pour in the vegetable stock (or water) and bring it back to a simmer.
- Add the rosemary, bay and thyme.

- Place the shanks into the pot so that they are almost submerged.

3. **Braise**

- Cover the pan, and braise in a 250 F oven for 12 hours or until the meat is very tender.
- Once it is cooked, transfer the braised shanks to a large deep platter. Cover and keep it warm (you can put it back into the still warm, turned-off oven).

4. **Finish the Sauce**

- Using a large strainer, strain the braising liquid, pressing hard on the solids.
- Return the liquid to the pot and boil until reduced to four cups, about 20 minutes.
- Turn off the fire, move the pot to the side, support one side of the pot with something, such as a wooden board, so that it sits tilted. Let stand for about five minutes so that the fat floats to the top.
- Spoon off some of the excess fat and discard.
- Pour the sauce over the shanks and serve.