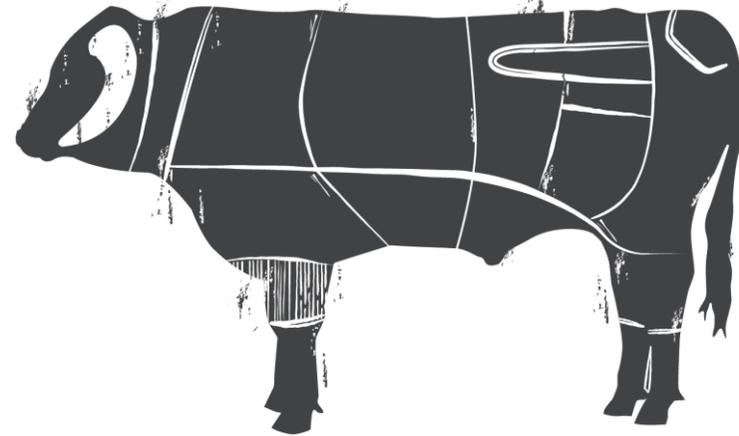




# MAYDENCROFT MANOR

NATIVE BREEDS FARM



## SHIN

A delicious slow braising cut, renowned in Italy where it is used in the classic Osso Bucco recipe. It absolutely must be cooked low and slow. Osso Bucco traditionally uses veal but keeps the bone marrow to achieve depth of flavour absent from veal. Our shin is boned - Longhorn grass fed beef already has a delicious rounded flavour.

Flavoursome and meltingly tender - perfect for a bleak midwinter's day, make a Great British hot pot to go with a jacket potato. Or serve Italian style with the fresh flavours of citrusy, saffron risotto and braised fennel.

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NATIVE BREEDS FARM

## MAYDENCROFT LONGHORN 'OSSO BUCCO'

The vibrant Mediterranean flavours in this recipe make it as appropriate for a rainy summer's Sunday lunch as for a chill winters evening. Serve with saffron risotto and braised fennel. Melting, warming and exceptionally tasty, this an homage to the traditional Italian recipe. The title in this case is a misnomer as Osso Bucco translates as 'hollow bones', traditionally cooked with veal and the bone left in to improve the flavour. With the delicious pasture fed flavours of our Longhorn beef, the bone isn't necessary.

### INGREDIENTS

1 Maydencroft rolled shin approx. 1.2kg  
Rapeseed oil  
2 tbsp flour  
15g butter  
Half a tin of plum or chopped tomatoes, optional  
200ml white wine  
300ml chicken or vegetable stock

### SOFFRITO MISTO

1 Onion, halved and thinly sliced  
2 Carrots, peeled and sliced diagonally  
1 Celery heart, trimmed and sliced diagonally  
2 Garlic cloves, finely chopped

### TO SERVE

Zest of one lemon  
3 tbsp chopped parsley  
3 tbsp lemon thyme leaves  
½ tsp chilli flakes, optional  
Flaky sea salt and ground black pepper.

### METHOD

1. With a large knife, cut the rolled shin into thick (4cm) even slices. For a Sunday lunch joint you could leave the shin whole, but it won't absorb so much of the flavour from the other ingredients. Allow the meat to reach room temperature
2. Warm the oven to 150°C (140°C fan assisted oven) gas-mark 3.
3. Heat a large casserole over a high heat, add two tablespoons of rapeseed oil and brown the shin slices in batches, or whole shin, until caramelised all over, remove and set aside.
4. Turn the heat down to low, then add the butter and 1 tbsp oil, to gently fry the soffrito misto until softened but not coloured. Sprinkle over with flour and stir until flour and oils have combined
5. Add the tomatoes if using, slowly add the stock and wine, stirring to combine with the flour into a smooth liquid and place the shin slices in under the liquid levels.
6. Cover with a layer of tin foil, then the casserole lid (this really helps to keep moisture in).
7. Bring the mixture to the boil on the hob, then put into the warm oven
8. Cook for 2 hours, checking occasionally to ensure there is enough liquid to keep the meat moist, although it should reduce slightly (by less than a quarter. Top up with water if necessary.
9. Serve on a large platter scattered with chopped parsley, lemon thyme, lemon zest and chilli flakes if liked, then season with flaky sea salt and a little ground black pepper.

### CHEF'S TIPS

- If you would like to try this recipe with bone marrow, order your Maydencroft beef box from us in advance and our butcher can include some split bones for you.
- Inclusion of tomatoes is a controversial subject, feel free to leave them out!
- Its best to taste the sauce before serving and seasoning, the salt in the stock may make any additional salt unnecessary

Main Course

Serves 6 people

30 mins prep | 2 hours cooking | 10 minutes serving