OVEN BRAISED BEEF SHANK

SERVES 2-3

INGREDIENTS:

2 tbsp. olive oil

2 lbs. beef shank

1 large onion cut to ¼ inch squares

2 cups cut mushrooms of choice to ¼ inch slices

2 cups beef broth

1 tbsp Chef Nino’s Cajun seasoning

1 cup all-purpose flour

INSTRUCTIONS:

In a medium skillet place olive oil and begin to heat to medium high.

While waiting for the oil to heat up, place shanks on a work surface and dust each side with Cajun seasoning. Then sprinkle flour on both sides of seasoned beef shanks.

Place seasoned and floured shanks in heated oil in skillet, turn heat to high and let sear for about 5 minutes on each side until really browned.

Remove seared shanks from skillet and add mushrooms and onions.

Stir and cook on high for about 5 minutes until browned.

Place cooked mushrooms and onions into a medium-large cast iron oven ready pot.

Not place seared shanks on top of onions and mushrooms.

Pour beef broth over shanks, place lid on pot and place pot in oven and cook for 2 hours on a 350-degree oven. Add more broth if it is too dry and cook for another 30 minutes or until your degree of tenderness is achieved.