

## **BRAISED SHIN OF BEEF WITH DRIED TANGERINE AND HERB DUMPLINGS**

The choice of cut is important to this dish. Shin is cheap yet has a rich deep flavour and the gelatinous parts make a sticky satisfying gravy. I also happen to think that this is one of those dishes which is so much better cooked in a deep earthenware pot with a lid. Whether it actually does taste better or whether it just appeals to my sense of country, I can never be sure. You'll make your own mind up on that one. Choose a full-bodied red wine – a Rioja or a cabernet sauvignon would be good.

1½kg / 2lb shin beef  
4 tablesp. Beef dripping  
30 shallots - peeled  
1 fat clove garlic - crushed  
110g / 4oz rindless fatty bacon - chopped  
225g / 8oz button mushrooms – wiped and left whole  
salt and freshly ground black pepper  
2 bay leaves )  
3 sprigs thyme ) tied to a piece of celery  
4 parsley stalks )  
900ml / 1 ½ pts red wine  
600ml / 1pt beef stock  
dried peel from 1 tangerine  
fresh parsley to serve

Pre-heat oven to 150C gas mark 3

1. Mix flour and seasoning. Trim shin and cut into 1 ½ “ cubes. Toss in flour
2. Heat a little of the dripping in a cast pan and brown the beef, a little at a time, deglazing the pan with a splash of the wine each time and saving the juices.
3. Brown the shallots in the rest of the dripping. Add the garlic and tangerine peel and deglaze with the rest of the wine
4. Fry the bacon and add the mushrooms
5. Put everything into a deep flameproof casserole dish. Add the bouquet garni and bring to the boil
6. Cover with the lid or a piece of foil and simmer in a gentle oven for 3 to 3 ½ hours until tender but juicy – the gelatinous parts will have melted to give a rich unctuous sauce
7. Remove the peel and bouquet garni and serve in the cooking dish with a good sprinkling of freshly chopped parsley

Herb dumplings go very well with this. If you are adding these, then, after the casserole has cooked for 3 hours, increase the oven temperature to 180C, gas mark 5 and drop tablespoons of the dumpling mixture (see below) into the liquid of the casserole. Put the lid back onto the dish and cook for another 15 or 20 minutes until the dumplings are cooked and are light and fluffy.

### **HERB DUMPLINGS:-**

110g / 4oz self raising flour  
½ level tsp baking powder  
30g / 10z butter  
½ small onion – finely chopped  
1 tbsp freshly picked thyme leaves  
salt & freshly ground black pepper  
2 tbsp milk  
cold water to mix

1. Sieve flour and baking powder into a bowl. Rub in the butter until it resembles breadcrumbs. Stir in the onion, thyme, salt and pepper
2. Add the milk and 1 tbsp cold water and bind with a spoon, adding more water as necessary to form a very soft dough