



# Braised Beef Shank

This dish is impressively tender and juicy when cooked low and slow, and braised.

## EQUIPMENT

- Smoker Grill
- Meat Thermometer
- Large Roasting Pan

## INGREDIENTS

- 1 whole bone-in beef shank (trimmed and tied)
- 1 tablespoon coarse salt
- 1 teaspoon black pepper
- 1 teaspoon granulated garlic
- 1 teaspoon onion powder
- 6 cups beef stock
- 1 cup red wine
- 1 bay leaf
- 12 pearl onions
- 4 pounds small red and gold potatoes
- 2 pounds carrots

## SAUCE (OPTIONAL)

- 3 tablespoons cornstarch
- 4 tablespoons cold water



## INSTRUCTIONS

1. Preheat smoker grill to 225°F.
2. While grill is preheating, mix salt, pepper, garlic, and onion powder together and cover beef evenly with mixture.
3. Put beef in roasting pan and place on smoker grill, standing up on end or laying down, uncovered, for 4-5 hours (or until internal temperature reaches 165°F).
4. Remove and add beef stock, wine, bay leaf, and pearl onions. Cover with lid or a foil tent.
5. Increase smoker grill temperature to 325°F. Cover with lid or tented foil and place beef back on smoker grill for 1 ½ hours.
6. While beef is cooking, cut and add the carrots and potatoes and add to the pan. At this time, you can also check beef tenderness with a fork.
7. Cover and cook for another 1 ½ hours at 325°F (or until internal temperature reaches 205°F).
8. Check beef and vegetables occasionally. All should be fork-tender.

## SAUCE (OPTIONAL SERVING SUGGESTION)

10. If desired, remove beef and vegetables from pot and place on serving platter. Bring the braising liquid to a simmer. Mix cornstarch and water together and slowly drizzle into simmering broth, whisking while adding. Add and stir until desired thickness.
11. Pour thickened broth over beef and vegetables and serve.

**TOTAL PREP TIME:** 15 minutes

**TOTAL COOK TIME:** Approximately 7 to 8 hours

