



GREEK

Kokkinisto

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	5	20 min	2 hr 30 min	Braise	Shank

Ingredients

- 1.2 kg (2½ lb) bone-in beef shank, in 4 cm (1½ in) slices
- 3 tbsp olive oil
- 2 onions, sliced
- 4 cloves garlic, sliced
- 120 ml (½ cup) dry red wine
- 400 g (14 oz) canned crushed tomatoes
- 2 tbsp tomato paste
- 250 ml (1 cup) water
- 1 cinnamon stick
- 3 whole allspice berries
- 2 bay leaves
- 1 tsp dried oregano
- 1 tsp salt, plus more to taste
- ½ tsp black pepper
- 1 tsp red wine vinegar
- Cooked pasta, potatoes or rice, to serve

Steps

1. Pat the shanks dry and season with salt and pepper. Heat 2 tbsp of the oil in a heavy pot over medium-high heat.
2. Brown the shanks for 4 minutes per side, until deep golden. Move them to a plate.
3. Lower to medium, add the remaining oil and the onions, and cook for 8 minutes until soft and golden. Add the garlic and cook 1 minute.
4. Stir in the tomato paste for 1 minute, then pour in the wine and let it bubble for 2 minutes, scraping the bottom of the pot.
5. Add the tomatoes, water, cinnamon, allspice, bay and oregano. Return the shanks to the pot; the liquid should come halfway up the meat.
6. Bring to a gentle boil, cover and braise on the lowest heat (or in a 160°C (325°F) oven) for 2 hours, turning the meat once, until tender and falling from the bone.
7. Uncover and simmer for 10 minutes, until the sauce is thick and glossy. Remove the cinnamon, allspice and bay.
8. Stir in the vinegar, taste for salt, and serve over pasta, potatoes or rice.

Notes

- **Serving:** traditionally with hilopites, thick egg pasta, or buttery mashed potatoes, with grated mizithra or feta on top.
- **Other cuts:** chuck cut into cubes also works; reduce the time to 1½ hours.
- **Make ahead:** the sauce deepens overnight; reheat gently. It freezes for 3 months.
- **Slow cooker:** brown first, then low 8 hr or high 4–5 hr. Simmer uncovered on high for 30 minutes to thicken the sauce.
- **Chef's touch:** drizzle a little raw olive oil over each plate; its fragrance would cook away in the pot.

- **Pair with:** a Greek salad or garlicky boiled greens (horta) with lemon.