

More than 1 hour

Serves 6

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Ingredients:

- 2 Tbsp (30ml) canola oil
- Salt and milled pepper
- 1kg beef shin
- 6 carrots, peeled and sliced
- 5 stalks celery, sliced
- 1 packet (50g) tomato paste
- 5 cloves garlic, grated
- ½ cup (125ml) red wine
- 1 Tbsp (15ml) Worcestershire sauce or soy sauce
- 1 punnet (250g) portobello mushrooms, wiped clean and kept whole
- 1 packet (500g) PnP Livewell dried beans, soaked overnight (we used white kidney beans, red adzuki beans and cowpeas)
- 5 sprigs fresh rosemary
- 5 sprigs fresh thyme
- 2 bay leaves
- 5 cups (1.25L) beef stock
- 2-3 cups (500-750ml) water
- Pinch sugar
- Knob (60g) butter

Method:

1. Heat oil in a slow cooker (we used an 8L one) or a large pot on the stove top.
2. Season meat well and brown in batches over high heat. Set aside.
3. Fry carrots and celery for 5-8 minutes.
4. Add tomato paste and garlic and cook for 3-4 minutes until sticky.
5. Add wine to deglaze the pot – it loosens all the yummy bits stuck on the bottom.

6. Add Worcestershire or soy sauce, mushrooms, beans, herbs, stock, water and sugar.
7. Cook for 7 hours in the slow cooker, or simmer for about 2 hours on the stove, until the meat is tender. (You can also cook it for 45 minutes in a pressure cooker).
8. Add butter and stir to melt. Season to taste.
9. Serve with bread.

COOK'S NOTE

When using a pressure or slow cooker, never fill it more than $\frac{3}{4}$ full. If you have a smaller cooker at home, you can use half the beans and half the liquid for this recipe to ensure safe cooking.

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