Beef shin ragu

*Serves: 2-4 people*

**Ingredients**

100ml olive oil
1.2KG [Hampton Gay ossobucco beef shin](https://shop.hamptongay.com/individual-beef-cuts/beef-shin)
1 onion
2 carrots
3 garlic cloves
250ml red wine
1 can of tinned plum tomatoes
50g Hampton Gay beef drippings
500ml [Hampton Gay bone broth](https://shop.hamptongay.com/longhornbeef/individual-beef-cuts/bone-broth-500ml)

To serve: [spelt rigatoni pasta](https://shop.hamptongay.com/groceries/organic-spelt-pasta) and grated parmesan

**Method**

Preheat the oven to 140C. Heat your oven proof pot over a medium heat with 60ml of olive oil and fry your beef shin until browned all over. Remove the beef shin and add your onions and carrots and fry gently until golden

Add the garlic and fry for a minute longer. Then add your red wine and reduce it by half (and until the alcohol smell has gone from the steam).

Scrape the vegetables to one side and place the beef shin back into the pot making sure that the meat is directly on the bottom of the pot.

Add the tinned tomatoes, beef drippings and bone broth to the pot. Cover with a lid and transfer to the oven to cook for 3-4 hours.

While the beef is cooking, every hour or so, baste the meat. Once the meat falls off the bone easily, take out of the oven and leave to rest in the stock for half an hour.

Remove and discard any fat or bones from the meat. Then take the beef out and place on a chopping board. Roughly shred the beef using two forks

Place the pot back on the stove on a high heat and reduce the braising liquid to roughly 500ml. When the sauce has almost reduced completely, put your pasta on to boil.

Add the shredded beef back to the sauce and season to taste, then add your rigatoni. Serve with a grating of parmesan.