



Beef Shank Soup

serves 2

- 1 conscientiously chosen meaty beef shank, preferably well marbled, aged and with the bone marrow intact
- 1 tablespoon olive oil
- 1 small onion, diced
- 2 carrots, in chunks
- 3-4 fingerling potatoes, in chunks
- vegetable stock, or water
- fresh rosemary
- 1 bunch mustard greens, roughly chopped

Heat the oil in a large stockpot or Dutch oven and then brown the shank well on both sides. Remove from pot and set aside on a plate. Pour off fat if it looks like more than a couple of tablespoons.

In the same pot, saute the onion until it's soft and golden, scraping up any bits stuck to the bottom. (You could also deglaze with a little red wine but I didn't do that for mine.)

Add all the vegetables except the mustard greens and stir with the onion for a couple of minutes. Then put the shank back in, and pour in vegetable stock or water (or a combination) to cover. Add a couple of sprigs of rosemary and salt to taste and cook at a simmer, partially covered, until the meat is very tender and can be forked off the bone, at least 2 hours.

Once the meat is done, stir in the mustard greens and simmer for an additional 10 minutes with the lid on. Add salt and freshly ground black pepper to taste.