



Rustic Beef Shank with Red Wine Reduction

SERVES: 4

PREP TIME: 30 MINUTES

COOK TIME: 4 TO 6 HOURS



Ingredients

- 4 Beef Shank Steaks-bone in
- 2 tablespoons olive oil
- 2 tablespoons fresh thyme, chopped
- 3 garlic cloves, minced
- Salt and pepper to taste

Red wine reduction

- 4 tablespoons butter, reserve 1 tablespoon to finish sauce
- 1 tablespoon olive oil
- 1 tablespoon minced shallot
- 1 ½ cup dry red wine (Cabernet Sauvignon)
- ¾ cup beef stock
- 1 tablespoon Dijon mustard
- Salt and pepper to taste

Preparation

1. Fill and preheat your sous vide water bath to 132F (55C).
2. Mix olive oil, thyme, garlic, salt, pepper and season steaks with mixture.
3. Place two steaks into each 1-quart size pouch and vacuum seal.
4. Submerge pouch completely into the water bath and cook for 4 to 6 hours.
5. Remove steaks from pouch. Option: Pat dry lightly with a paper towel. In a skillet over high heat, sear the meat for 30 seconds per side. When the steaks are done, move to a cutting board and tent with foil to rest for 10 minutes.

Sauce: In a sauce pan on medium heat, add oil and 3 tablespoon butter and sauté the shallots for about 2 to 3 minutes on low to medium heat. Whisk in the red wine, stock and mustard. Continue cook until raw alcohol has cooked off, about 15 minutes or until thickened and reduced by half. Add remaining 1 tablespoon butter to finish the sauce and serve.