

# Braised Beef Pasta Sauce

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This is an incredibly hearty pasta sauce, with a deep rich flavour. It goes best with thick cut **hand made pasta**, or possibly store bought ziti.

## Ingredients:

- 2 pounds beef shanks (you could substitute any stewing meat)
- 3 tblsp olive oil
- 1 chopped yellow onion
- 2 smashed garlic cloves
- 2 carrots chopped
- 2 celery stalks chopped
- 1/2 bottle red wine
- 1 can plum tomatoes
- 2 cups home made chicken stock

- Salt and pepper to taste.
- 1 cup Parmesan cheese
- 1 hand made pasta recipe or 1lb of ziti

### **Method:**

- Pre-heat oven to 350°f
- Heat your dutch oven (or other oven proof cookware) on the stovetop over high heat.
- Add olive oil, and then beef shanks. Brown beef shanks on all sides.
- Remove beef from pot, and then sauté onion, garlic, and celery just until soft.
- Add wine, stock, and tomatoes, while bringing pot to a boil.
- Once pot is boiling, add beef back in with any juices. Cover and place in oven for 3 hours.
- Remove pot from oven. Scoop out beef and bones, then using a stick blender buzz veggies. Cut beef from the bones and place back in pot.
- Cook pasta 80% of the way in boiling water then transfer to sauce pot for the last of the cooking.
- If sauce is too thick scoop in some of the pasta water.
- In last minute of cooking add half of the cheese, and stir.
  
- Serve, with remaining cheese tableside.