



Karin's

Beef Shank

Over Rice

Ingredients

2 **Sinclair Family Farm** Beef Shanks with bone in

Salt

Pepper

Cayenne pepper

Cooked rice

Method

1. Salt and pepper both sides of the beef shank. Sprinkle cayenne pepper to taste on one side.

2. Preheat a cast-iron skillet. Brown the shank on both sides.

3. Add water to half-way up the side of the shank.

4. Simmer all day in the cast iron pan adding water as needed.

5. The marrow will cook out of the bone and infuse the broth with flavor and thicken it.

6. It can also be cooked in a slow cooker after browning, adding water as needed.

7. Serve over rice.

Karin says: "The broth from this dish is full of great nutrients from the bone marrow. It makes my arthritis feel so much better the next day!"