



Braised Shanks

 The Food
Connection



SERVINGS: 6

INGREDIENTS

4-6 goat shanks, depending on size
½ cup AP flour, seasoned with salt and pepper

4 cloves of garlic, minced

6 cups of stock, beef preferable

2 sprigs fresh rosemary

¼ cup apple cider vinegar

¼ cup maple syrup

¼ cup brown sugar

1 bay leaf

Oil for cooking

Salt and pepper to taste

BBQ Sauce

2 cups ketchup

½ cup apple cider vinegar

¼ cup packed brown sugar

2 tablespoons honey or sorghum

1 tablespoon Worcestershire sauce or

1 tablespoon lemon juice

¼ teaspoon hot sauce optional

1teaspoon granulated garlic

1 pinch of salt

1 small pinch of pepper

DIRECTIONS

Preheat oven to 325 ° F. Heat a heavy bottomed, oven safe pot over medium high heat. Drizzle enough oil to coat the bottom of the pot. Individually salt and pepper each shank. Dredge each shank in a light, even coat of seasoned flour. Carefully add the shanks to the pot, working in batches if necessary. Brown all sides of the shanks and remove to another pan. Lower the heat to medium and add the onion and garlic to the pot. Saute and stir frequently until translucent, about 3-4 minutes. Carefully pour the vinegar into the pot and scrape up any of the browned bits, deglazing the pan. Add the rosemary sprigs, maple syrup, and brown sugar.

Return the shanks to the pot and pour in enough stock to barely cover. Put a lid on the pot place in the oven for 1 ½ hours. Remove the lid from the pot and braise for another 30 minutes to an hour until the meat falls off the bone. Remove from the oven and let rest for a few minutes. Transfer the shanks to a plate to cool.

Reduce the braising liquid by returning it to the heat and simmering until about ½ the volume. Strain and skim the fat. Use to moisten the shredded shanks and add to your BBQ sauce. When the shanks are cool enough to touch, pull the meat off the bones and shred into chunks or bite sized pieces.

For the BBQ, whisk together all ingredients in a medium saucepan situated over medium heat. Allow to come to a slight boil, then reduce the heat to low. Allow to simmer until thickened, about 10 minutes.