

Alcatra by Filipe Andre

You will need a clay pot for this recipe

Ingredients:

- 2 big onions
- 1 tbsp minced garlic
- 250g of smoked bacon - chopped and skin off
- 1 cube of chicken bouillon cut into pieces
- 5 balls of all spice
- 2 tsp of coarse salt
- 375ml of red wine
- 1 full tbsp of lard (ours was made out of fresh pork belly)
- 1lb of osso buco "beef shank"
- 1 leaf of fresh mint
- 3 lbs of beef chuck roll

Method:

- Preheat the oven to 375°F
- 4-5 hours (if the wine turns clear like water, the meat is cooked)
- cover with aluminium foil and make holes on top for steam to release
- I usually cover bottom of the stove in case of dripping which is common
- Times will vary
- dark meats ex: goat, beef, lamb or octopus, use red wine
- White meat ex: chicken (stewing chicken/mature chicken) rabbit, pork or fish, use white wine or beer
- Start by chopping 2 big onions
- Put them into a bowl. Inside the same bowl put garlic, bacon (take the skin off), cube of chicken bouillon, all spice, salt.
- Mix and then add little wine (not all). Mix again.
- Grease the clay pot with the lard (sides and bottom)
- Insert the beef shank into the mixture
- Soak it together with the onion mixture
- Take 2 hand full of the onion mixture and cover bottom of the clay pot. Top it with the beef shank. Add another hand full of the onion mixture
- on top add the mint
- cut the chuck roll into chunks
- soak a piece at a time in the onion mixture and stack them nicely in the pot until full
- On top put the rest of the onion mixture
- Slowly pour the rest of the wine (but not to much so it won't over flow)



Enjoy