



## AMERICAN

# Beef Shank and Barley Soup

| COMPLEXITY | SERVES | PREP   | COOK | TECHNIQUE | CUT   |
|------------|--------|--------|------|-----------|-------|
| Basic      | 6      | 20 min | 3 hr | Simmer    | Shank |

## Ingredients

- 1 kg (2¼ lb) bone-in beef shank, in 4 cm (1½ in) slices
- 2 tbsp vegetable oil
- 1 tsp salt, plus more to taste
- ½ tsp black pepper
- 1 large onion, diced
- 3 carrots, diced
- 3 celery stalks, diced
- 3 cloves garlic, minced
- 2 tbsp tomato paste
- 2.5 litres (10 cups) water or low-sodium beef stock
- 2 bay leaves
- 1 tsp dried thyme
- 150 g (¾ cup) pearl barley, rinsed
- 150 g (5 oz) mushrooms, sliced (optional)
- 1 tbsp Worcestershire sauce
- Chopped parsley, to serve

## Steps

1. Pat the shank dry and season with salt and pepper. Heat the oil in a large pot over medium-high heat.
2. Brown the shank for 4 minutes per side, until deeply golden. Move to a plate.
3. Lower to medium. Cook the onion, carrots and celery in the beef fat for 8 minutes, until the onion is soft. Add the garlic and tomato paste and stir for 1 minute.
4. Pour in the water, scraping up the browned bits from the bottom. Add the bay, thyme and the shanks.
5. Bring to a boil, then reduce to a low heat. Simmer covered for 2 hours, until the meat is tender and pulling from the bone.
6. Lift out the shanks and shred the meat, discarding the bones. Skim fat from the surface.
7. Add the barley, mushrooms and shredded meat. Simmer uncovered for 40 minutes, until the barley is plump and tender. Add water if it gets too thick.
8. Stir in the Worcestershire, taste for salt and pepper, and serve with parsley and crusty bread.

## Notes

- **Thickness:** barley keeps absorbing broth; stir in hot water when reheating.
- **Make ahead:** it freezes well for 3 months, but cook the barley only until just tender if you plan to freeze.
- **Add-ins:** diced turnips or parsnips are good in the last 30 minutes.
- **Slow cooker:** brown the shank and soften the vegetables first, then cook on low 8 hr. Add the barley for the last 2 hr on low.
- **Chef's touch:** finish with a splash of red wine vinegar off the heat to lift the rich broth.