



BRAISED BUSHPIG SHANKS

Prep: 1 hour
Total: 4 hours
Serves: 4 ppl

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Ingredients

4 Aloes Meats Bush Pig Shanks (approximately 350g each)

Salt and Pepper

3 tbsp extra virgin olive oil

3/4 cup red wine

7 fresh garlic cloves peeled and smashed with the side of a knife

4 star anise pods

1 tsp whole cloves

2 whole cinnamon sticks

1/8 tsp allspice

1/8 tsp freshly ground nutmeg

1 cup soy sauce

3 tbsp honey

3/4 cup light brown sugar

2 tbsp cornstarch whisked with 1 tbsp water

1 tbsp butter

Method

1. Preheat oven to 200 degrees.
2. Generously season shanks with salt and pepper.
3. Heat olive oil over high heat in a large cast iron pot. Lightly brown each side of the shanks. Remove and set aside.
4. Reduce heat to low and deglaze pan with red wine. Add all other ingredients except for cornstarch and butter. Add shanks and pour water in just so that the meat is covered.
5. Bring to a low boil. Cover and place in the oven.
6. Braise for 2-3 hours or until meat registers at 180 degrees.
7. Remove pot from oven set shanks aside. Run juices through a sieve, transfer liquid to a medium sauce pan.
8. Add butter and cornstarch mix and whisk until the liquid thickens to gravy
9. Serve with rice/mash or polenta

