

Springbok shanks:

Ingredients

- 2 kg or 4 pieces of Springbok shanks (serve 4).
- 250 gr of rashers bacon, chopped.
- 1 Onion chopped.
- 2 cloves of garlic crushed.
- Salt, pepper, dry coriander, Worcester sauce and Chutney.
- 350 ml of beef stock or 250 ml of red wine.
- 5 ml paprika.

Method

- Fry bacon in cast iron pot until brown in olive oil.
- Remove bacon and brown the shanks, add salt, pepper, dry coriander and a splash of worcester sauce and chutney.
- Remove shanks from pot and sauté onion and garlic.
- Return bacon and shanks adding stock / red wine and paprika.
- Cook for +- 3 hours (slow) or put the pot with lid on, in the oven at 160 C.