

Smoked Braised Beef Shank over cheese grits | Chef Eric – Kamado Joe

1 Each Beef Shank
4 Tablespoons Lanes BBQ, Brisket Seasoning
3 large Onions, cut into quarters
1 large Carrot, Large Dice
3 ribs Celery, Large Dice
3 Tablespoons Tomato Paste
. bottle Red wine
64 oz (2 quarts) Beef Stock
Aromatics: (Tie these ingredients in a cheese cloth sachet if you like.)
3 Each Bay leaf
5 each Black Pepper corns
Parsley stems 4 Each
3 Each Garlic Cloves
Garnish
2 Tablespoons Parsley, minced
Smoking Wood
3 or 4 Chunks KJ Apple Wood Chunks

Method:

1. Stabilize your grill at 350F to 400F, place the wood chunks in the hottest portion of the lit charcoal.
2. Season the Shank and smoke for 2 hours. After 2 hours rub the tomato paste on the outside of the shank and smoke for 1 more hour. With 30 minutes left to go, coat the root vegetables (Carrot, Onion, Celery) in tomato paste and place them on the grill grate to be smoked for 30 minutes.
3. After the next hour (3 hours into the cook), transfer the brick-colored vegetables to a braising pan and top with the smoked shank.
4. Transition your indirect grill to a direct grill and rake the coals to the center of the fire box. Place the "X" rack on the lowest portion of the divide and conquer system. Gently place the braiser with the vegetables and smoked shank on the center of the "X" rack.
5. Let the braiser come to temperature. You will know you are there when the vegetables begin to sizzle a bit. Pour in half a bottle of red wine, let simmer for 5 minutes then pour in the beef stock and add the bay leaves, pepper corns, garlic cloves and parsley stems. Damper down the draft door to lower the temperature a bit. Cover the pot with a lid leaving it slightly cracked to allow steam to escape and that grill flavor to continue to build and close the dome. Check back in 10 minutes and make sure you are at a gentle simmer and not a boil.
6. Allow to simmer for 4 hours, check occasionally to make sure you are not rolling too hot and you are not over reducing the stock. Once the shank has braised for 4 hours or has reach an internal temperature of 206F.
7. Transfer grits to a presentation plate and carefully top with the braised shank (be careful, it should be falling apart). Garnish with some of the braised vegetables. The

braising liquid should be a sauce consistency, if not, let the braising liquid reduce over the heat with the lid off for 5 to 10 more minutes until it has thickened. Scoop about a cup of the reduced liquid and pour it over the shank. Garnish with chopped Parsley and enjoy!

Cheese Grits

2 Cups Boiling Water

2 Cups Whole Milk

6 oz (1 Cup) Coarse Ground Grits

4 Tablespoons Butter, Unsalted

4 oz Sharp Cheddar Cheese

2 teaspoons Kosher Salt

. teaspoon Black Pepper, Fresh Cracked

Method:

1. In a thick bottom sauce pot, combine water, milk and salt. Bring to a simmer.
2. Slowly whisk in the corn meal. Once the mixture is incorporated, reduce the heat and stir every 2 to 3 minutes. Cook for 30 to 35 minutes until the mixture is creamy.
3. Add the pepper and butter and whisk to combine. Once the butter is melted, gradually whisk in the cheese a little at a time. Serve immediately or cover and have a bit of hot milk ready to thin out and return to consistency as the grits will become firmer as they sit.