

LA COCINA DE LESLIE

Celebrating food, family & life in Mexico.

Beef Shank Barbacoa (de Res)



Ingredients:

- 2 dried guajillo chiles, stems and seeds removed
- 2 dried pasilla chiles, stems and seeds removed
- 3 cups water
- 2 cloves garlic
- 1/2 medium white onion
- 1/2 teaspoon ground cumin
- 1/4 teaspoon dried oregano, crushed
- 4 to 5 lbs. beef shanks or boneless country style beef ribs
- Chopped onion
- Chopped cilantro
- Warm corn tortillas

Directions:

Bring dried chiles and 3 cups water to a boil in a small saucepan over medium-high heat. Remove from heat and let cool slightly. Puree the dried chiles, the water they were cooked in, and the onion and garlic; season with salt, ground cumin, and dried oregano.

Season beef shanks with salt and pepper. Arrange in a crockpot and pour the chile puree over the beef shanks. Cover and let the beef shanks cook on low heat for 6 to 8 hours.

To serve break up the beef shanks (or serve them whole) and ladle the chile broth over the meat. Garnish with chopped onion and cilantro.

For tacos:* Finely chop the beef shanks and serve on warm tortillas. Spoon chile broth over meat in place of salsa and garnish tacos with chopped onion and cilantro. **Enjoy!

<http://www.lacocinadeleslie.com/2015/06/beef-shank-barbacoa-de-res.html>