POLISH

Rosół Wołowy

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	**6**	**15 min**	**3 hr 15 min**	**Simmer**	**Shank**

Ingredients

- 1 kg (2¼ lb) bone-in beef shank
- 3 litres (12 cups) cold water
- 2 carrots, peeled
- 1 parsnip, peeled
- 1 small celeriac or 2 celery stalks
- 1 leek, white and light green parts
- 1 onion, halved, cut sides charred in a dry pan
- 6 black peppercorns
- 3 allspice berries
- 2 bay leaves
- 2 tsp salt, plus more to taste
- Small handful parsley stalks

TO SERVE

- 200 g (7 oz) fine egg noodles, cooked separately
- Chopped dill or parsley
- Horseradish (optional)

Steps

1. Put the shank in a large pot with the cold water. Cold water is key: it pulls flavour from the meat. Bring to a boil slowly over medium heat.
2. Skim off the grey foam as it rises, for about 10 minutes, until the surface is clear.
3. Add the onion, peppercorns, allspice, bay and salt. Reduce the heat so the liquid barely trembles. Do not let it boil, or the broth turns cloudy.
4. Simmer uncovered for 2 hours, skimming now and then.
5. Add the carrots, parsnip, celeriac, leek and parsley stalks. Continue to simmer for 1 hour, until the beef is soft and the carrots are tender.
6. Lift out the meat, carrots and parsnip. Strain the broth through a fine sieve, discarding the rest. Taste and add salt.
7. Slice the carrots into coins. Pull the beef from the bone and shred or slice it against the grain.
8. Divide noodles, carrots and a few pieces of beef among bowls, ladle the hot clear broth over, and top with dill.

Notes

- **Serving:** the beef can be eaten as a second course with horseradish sauce and boiled potatoes.
- **Make ahead:** chill the broth and lift off the fat; it keeps 4 days or freezes for 3 months.
- **Richer:** add a chicken leg or a few bones in step 1, as many Polish cooks do.
- **Slow cooker:** bring to a boil and skim on the stove, then cook on low 8 hr, adding the vegetables for the last 2 hr (needs a large 6 L+ cooker; use less water if yours is smaller).