

Pomegranate Molasses Volcano Shank

By Saskia Poulos, Chef and Organic Farm Assistant at the [Oak Spring Garden Foundation](#)

Pomegranate molasses is naturally tenderizing, assisting in the slow-cooking method breakdown of this collagen rich shank. Chickpeas cook for hours with the beef, also soaking up all the delicious spices. Serve with rice, yoghurt and herbs.

(Serves 4 with generous leftovers)

Ingredients:

- 1 Chapel Hill Volcano Beef Shank
- 2 teaspoons kosher salt
- 1 teaspoon black pepper
- 1/3 cup pomegranate molasses
- 6 garlic cloves, minced, divided
- 3 teaspoons ground cumin, divided
- 1 teaspoon ground allspice, divided
- ½ teaspoon ground cinnamon
- 2 tablespoons neutral oil (like canola)
- 2 medium onions, cut into eighths
- ½ teaspoon Aleppo pepper, or one medium-hot chile pepper
- 1 15-oz can chickpeas, drained
- Approximately 2 cups beef stock/ water
- Yoghurt, Olive oil, Pomegranate seeds, Mint and Parsley for serving

Method:

1. Combine the pomegranate molasses, garlic, black pepper, 1/3 of the garlic, 1 teaspoon cumin, and ½ teaspoon allspice in a small bowl. Season the volcano shank on all sides with salt. Place in a container long enough for the shank to lay flat, then rub with the pomegranate molasses mixture. Let marinate two hours at room temperature, or up to 24 hours in the refrigerator.
2. Preheat the oven to 300 F.
3. Preheat the barbeque. Alternatively, set the oven to broil. Wipe the marinade from the volcano shank, reserving the marinade. Grill/ broil the shank on all sides to impart a smokey flavor, keeping in mind the shank will burn quickly as it is covered in sugary molasses. Rotate every two minutes until caramelized on all sides. Transfer to a plate.
4. Heat a heavy lidded pot, like a Dutch oven, on medium heat. Add the onions, and sear until dark golden brown. Add the remaining garlic, cook until no longer raw, about two minutes. Add two teaspoons ground cumin, ½ teaspoon ground allspice, ground cinnamon, the Aleppo/ chile pepper, and drained chickpeas. Add the reserved marinade. Nestle the volcano shank into the Dutch oven. There will be a very meaty side and a not so meaty side. Put the meaty side down.

Add stock/ water until it reaches halfway up the shank. Bring to a boil, lid then pot and move to the preheated oven.

5. Flip the shank every hour until it is tender and falling off the bone. This could take up to four hours, but it could take less time because of the tenderizing qualities of the pomegranate molasses. Take the lid off the Dutch oven the last hour of cooking to encourage reduction of the braising liquid, and browning of the volcano shank.
6. While the volcano shank is cooking, prepare your pomegranate seeds. The easiest way to extract the seeds from a pomegranate is as follows: Fill a large bowl with cold water. Halve a pomegranate around its equator. Using a wooden spoon, bang on the pomegranate half until all the seeds are released into the bowl of water. Agitate the pomegranate seeds to release all the white membrane from the seeds. The seeds should sink to the bottom, and the membrane should float to the top, where it can be skimmed off. Drain off the seeds and they are ready to eat!
7. When the shank is tender, remove it from the pot and place on a serving platter. Reduce the braising liquid until desired consistency—it should be able to coat the meat. Serve the shank with a generous dollop of yoghurt, fresh pomegranate seeds and herbs with the chickpea and onion sauce that accompanies that braise.



