

Boost Your Metabolism and Joint Health with This Underrated Meat

Analysis by [Ashley Armstrong](#)

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STORY AT-A-GLANCE

- › Shanks are a collagen-rich, nutrient-dense cut of meat that provides a more balanced amino acid profile than traditional steaks
- › Collagen, the most abundant protein in your body, supports skin, joints, bones, and gut health, and shanks are a top dietary source
- › Cooking shanks low and slow breaks down collagen into gelatin, making the nutrients more bioavailable and easy to absorb
- › Glycine, the main amino acid in collagen, helps regulate metabolism, balance muscle meat intake, and counteract inflammatory amino acids
- › Traditional diets included more collagen-rich cuts like shanks, offering a healthier protein balance compared to modern steak-heavy consumption

I am going to let you in on a little secret ... the best cut of meat are the SHANKS. In fact, I am going to make a bold statement and say that SHANKS>STEAKS (when prepared properly). Not only are they less expensive than steaks, but you also get a more balanced amino acid intake.

You've probably heard about all the amazing health benefits of bone broth – improved gut health, better metabolism, enhanced skin and hair, stronger joints, and bones ... the list goes on!

These benefits are due to the collagen found in broth, which is the tough connective tissue around joints and bones. When cooked down, it transforms into gelatin, making these beneficial nutrients easier for your body to absorb and utilize.

But did you know that shanks are also rich in those same collagen amino acids? Shanks are my favorite cut of meat. Not just because they taste great when properly prepared ... but also because shanks have one of the highest gelatin-to-muscle meat ratios.

The most abundant amino acid in collagen, glycine, is considered 'conditionally essential' since our bodies can make it, but not at the levels we need to thrive.¹ Plus, as we age our natural collagen production starts to decline and our need for collagen rises.²

As the most abundant protein in your body, collagen accounts for approximately 30% of your protein mass. It's mostly found in connective tissues like skin, joints, bones, and teeth, and it provides structure, strength, and stability.

Regular consumption of collagen rich sources comes with a number of health benefits including improved skin, joint, gut, and bone health.^{3,4,5,6}

There are also metabolic and energy production benefits with incorporating more collagen amino acids, as well! Glycine is extremely 'pro-metabolic' and helps support improving metabolic health by helping us reduce electron build ups – glycine helps you pull unburned fuel out of your cells, reducing reductive stress, improving the redox state of cells throughout the body.

I prefer to take a "food-first" approach to boost my collagen intake (instead of immediately resorting to supplements) – since you can access the most bioavailable form, along with supporting micronutrients (like B vitamins and zinc). Certain foods offer high amounts of this protein, and increasing your intake may be a better strategy than immediately resorting to supplements.

And collagen-rich cuts of meat such as shank provide a **COLLAGEN BOOST** to your diet. So whether you're cooking beef shanks, lamb shanks, or pork shanks (aka pork hocks), you're getting a rich, collagen-packed meal!



Check out my go-to braising method for all three types of shanks – beef, pork, and lamb – [in this recipe video](#) (or click the photo below). I also discuss a little more why I love shanks in the video!



You can 'overdo muscle meat consumption.' In large amounts, some of the amino acids in muscle meat like cysteine, methionine, and tryptophan can increase inflammation and suppress thyroid function.⁷ In fact, tryptophan is the precursor to serotonin which is not the "happy hormone" we were told it was, and do not need more of it.

Many vegans bring up that methionine (an amino acid high in muscle meat) restriction increases lifespan and improves metabolic health.⁸

So does this mean we need to stop eating methionine-rich muscle meat? No! This is where glycine and keeping our protein intake balanced comes into play. Methionine consumption supplemented with glycine 'mimics' the effect of methionine restriction and improves longevity.^{9,10} The glycine balances out the methionine!

The biggest point to remember here is that we want to consume amino acids in balance. Too much of anything isn't good, right?

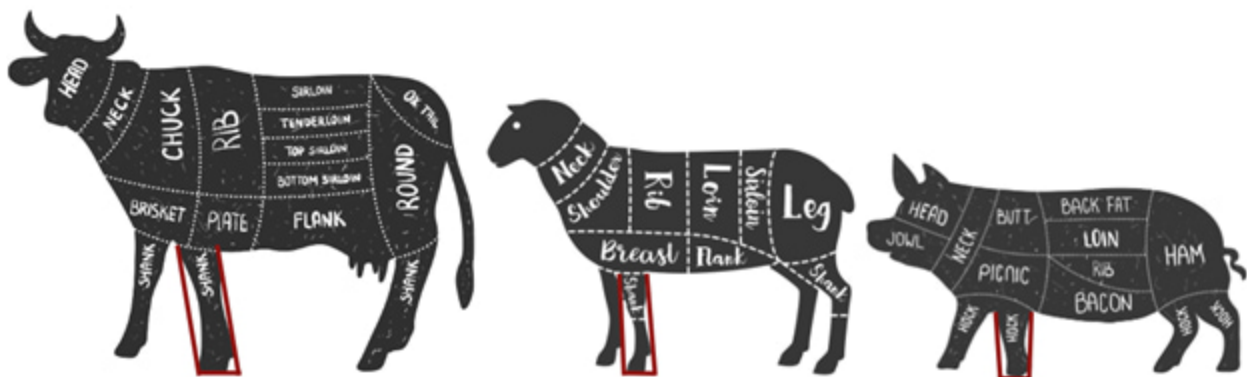
Thus, we should keep our protein intake balanced with moderate muscle meat consumption, always balanced by a gelatin source or two consumed during your day. (Or, prioritizing gelatin-rich cuts of meat like shanks!)

Our ancestors understood the power of collagen long before we did. Their diets, rooted in nose-to-tail eating, were much richer in collagen than our modern diets.

Remember, 50% of an animal is connective tissue – so we should be eating more of it for a balanced amino acid intake! And unfortunately, many diets are much more centered around STEAKS and contain less connective tissue.

Shanks come from the lower legs of the animal – the muscles that do the most work, which means they're packed with collagen-rich tendons, ligaments, and fascia. When cooked low and slow, this collagen breaks down into gelatin, creating a flavorful, tender, and health-boosting meal.

No wonder shanks have been a beloved ingredient in traditional cuisines worldwide – there's a rich culinary history in these collagen-rich cuts!



Once you try shanks, you'll wonder how you ever lived without them. You can shank me later for introducing you to this game-changing cut! I've always been fascinated by food history and the way traditional cultures have prepared meals for generations. So let's explore some recipes from traditional cultures throughout the world!

From Mexican Caldo de Res to Moroccan Lamb Tagine to Polish Golonka, this collection of recipes includes five beef shank, five lamb shank, and five pork shank recipes that have stood the test of time. As a note, these aren't my recipes – I've researched and compiled authentic versions from various sources to create an easy-to-reference guide.

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I've compiled these 15 recipes in a short recipe booklet if you would prefer a PDF format — [you can download that here!](#)



15 recipes from traditional cultures throughout the world! 5 beef shank, 5 lamb shank, and 5 pork shank recipes.

Five Beef Shank Recipes



Italian Osso Buco

Translates to 'bone with a hole' - Osso Buco is a traditional Italian dish dating back to the late 19th century in Milan. Beef shanks (typically veal shanks) are braised in a rich stock with white wine & tomatoes, garnished with a zesty gremolata & served over risotto alla Milanese.



RECIPE INGREDIENTS

For the braised shanks:

- 2 beef shanks
- 1/4 cup desired flour
- 1/4 cup butter
- 2 cloves garlic, crushed
- 1 large onion, chopped
- 1 large carrot, chopped
- 2/3 cup dry white wine
- 2/3 cup stock or broth
- 1 14.5 oz can diced tomatoes
- salt and pepper to taste

For the Gremolata:

- 1.2 cup chopped fresh flat leaf parsley
- 1 clove garlic, minced
- 2 tsp grated lemon zest

For the Risotto alla Milanese

- 1.75 cups Arborio rice
- 2/3 cup butter
- 1.5 cups stock or broth
- 2-3 Tbsp bone marrow (from the shanks!)
- 1 onion, thinly sliced
- 1 tsp saffron powder
- 0.75 cups dry white wine
- salt to taste
- 0.75 cups grated Parmesan cheese

Recipes from allrecipes.com

INSTRUCTIONS

Recipes from allrecipes.com

1. Dust the veal shanks lightly with flour
2. Melt butter in a large skillet over medium-high heat. Brown both sides, then set aside
3. Add 2 cloves of crushed garlic and onion to skillet, cook and stir until onion is tender
4. Return shanks to pan and mix in the carrot and wine. Simmer for 10 minutes
5. Pour in the tomatoes and stock, and season with salt & pepper
6. Cover and simmer on low heat for 1.5-2 hours, basting the shanks every ~30 minutes
7. Meanwhile, prepare the risotto.
 - a. Melt half the butter in a medium saucepan over low, and simmer the onion and marrow in the butter for about 10 minutes. When onion is soft use a slotted spoon to place onions and marrow in a side bowl
 - b. Add the rice and sauté over medium heat for ~5 minutes, until lightly toasted. Stir constantly to avoid the rice sticking and burning.
 - c. Stir in one ladle of stock, and keep stirring until it is mostly absorbed, ladling and stirring in more of the broth and white wine, until the rice is almost al dente.
 - d. Stir in the saffron, remaining butter, and 3/4 cup of Parmesan cheese. Turn off the heat, cover and let sit.
8. Mix the gremolata ingredients in a small bowl.
9. Serve the risotto as the base, shank placed on top, and sprinkle gremolata on top just before serving.



Mexican Caldo de Res

A traditional Mexican beef soup, translating to "beef broth", made by slow-cooking beef shanks, and includes a variety of vegetables like corn, potatoes, carrots, cabbage, and squash. Caldo de Res is traditionally served with warm corn tortillas or rice, and a side of lime wedges and salsa for added zest.



RECIPE INGREDIENTS

- 2 lbs beef shanks (2 cross cut shanks)
- 1 medium white onion, diced
- 1 Tbsp salt
- 1 Tbsp pepper
- 12 oz stock or broth
- 12 oz stewed tomatoes
- 4 ears corn
- 4 potatoes
- 2 chayotes or zucchini
- 6 carrots
- 1/4 cup chopped cilantro
- 1 head cabbage
- Traditional corn tortillas and/or rice, to serve

For garnish:

- 1 cup chopped onion
- Sliced jalapeno
- 1/4 cup chopped cilantro
- 1 lime, cut into wedges

Recipe from food.com

INSTRUCTIONS

Recipe from food.com

1. Chop beef shank into large chunks, keeping some attached to the bone
2. Heat Dutch oven or large pot to medium-high with lard (or tallow) and saute the beef chunks with the chopped onions, salt and pepper to brown all sides
3. Add the stock/broth and stewed tomatoes, then bring the mix to a boil, then reduce heat and simmer on a low boil for about 1-1.5 hours
4. Cut ears of corn and potato into quarters. Cut equivalent chunks of carrots and chayote (if zucchini is used, keep pieces bigger as they will cook faster than chayote). Chop 1/4 cup cilantro
5. Add the vegetables and cilantro to the soup, and add water to fully cover
6. Bring the mix to a boil, then reduce heat to medium and simmer for 20-30 minutes.
7. Cut cabbage into thirds, add to the mix and simmer for 10 more minutes
8. Pour into bowls to serve and garnish with a squeeze of lime
9. Serve with heated tortillas (and/or rice), and a side of onion, jalapeno and additional cilantro, which can be added to taste

www.nourishcooperative.com



Filipino Bulalo

A Filipino slow-cooked soup which translates to 'bone marrow soup' made with beef shank to create a rich, savory broth. The marrow adds a buttery richness, while vegetables like cabbage, corn, and sometimes potatoes complete the dish. It's a hearty, comforting meal, especially enjoyed in cooler weather and served with steamed rice on the side.



RECIPE INGREDIENTS

- 2 lbs beef shank (2 cross-cut pieces)
- 1/2 cabbage
- 1 bundle of bok choy
- 2 corn cobs, each cut into 3 sections
- 2 Tbsp whole peppercorn
- 1/2 cup green onions, cut into 1.5 in pieces
- 1 onion
- 34 oz water
- fish sauce to taste
- Steamed rice for serving

Recipe from panlasangpinoy.com

INSTRUCTIONS

1. In a large cooking pot, bring water to a boil
2. Place beef shank into boiling water, followed by the onion and pepper corn, and let simmer for 1.5-2 hours or until meat is tender
3. Add the corn and bok chop and simmer for another 10 minutes
4. Add the fish sauce, cabbage, and green onion
5. Serve hot with steamed rice

Recipe from panlasangpinoy.com



Indian Nihari

A slow-cooked rich and spicy stew where beef shanks are simmered with ginger, garlic, and aromatic spices like cinnamon and cardamom, served with naan. The name "Nihari" comes from the Arabic word "Nahar" meaning morning because it was originally eaten as a hearty morning meal.



RECIPE INGREDIENTS

Spice mix:

- 1 Tbsp coriander seeds
- 1 Tbsp fennel seeds
- 1 tsp black peppercorns
- 1 tsp cumin seeds
- 1 tsp shah jeera black cumin seeds
- 1 tsp ground ginger
- 1 cinnamon stick
- 6 green cardamom
- 1/2 tsp cloves
- 1 black cardamom
- 1 blade mace
- 1 star anise
- 1/4 tsp nutmeg

Recipe from thedeliciouscrescent.com

Beef Stew

- 1 large onion, sliced
- 2 lbs beef shanks
- 1 lb marrow bones
- 1 Tbsp grated ginger
- 1 Tbsp grated garlic
- 1 Tbsp paprika
- 1 .5 tsp chili powder
- 1/2 tsp turmeric
- 1.5 tsp salt
- 4 T spice blend
- 2 bay leaves
- 8 cups water
- 1/3 cup flour

INSTRUCTIONS

1. Roast whole spices in a preheated cast iron skillet until fragrant. Allow spices to cool and grind into a fine powder.
2. Heat ghee in a large cooking pot at medium high. Add sliced onions and sauté until golden brown, then set aside
3. Sear beef shanks at high heat on all sides. Add ginger, garlic and stir for a couple minutes
4. Add paprika, chili powder, turmeric, salt, spice blend, bay leaves and stir
5. Add fried onions back to pot, pour in 6 cups water, and add marrow bones. Bring to a boil, cover the heat and let simmer for 2-3 hours. Add more water if needed
6. Take 1 cup of the cooking liquid and place in a small bowl to let cool. Add to the wheat flour in a separate bowl and whisk to make a smooth, thin paste
7. Add the paste back to the stew slowly while stirring to prevent lump formation
8. Let the nihari simmer for about 45-60 more minutes until the meat is fall off the bone tender. Discard bones and bay leaves.
9. Add more flour or liquid to adjust the thickness of the gravy, however Nihari will thicken as it cools.
10. Serve with julienned ginger, chopped cilantro, sliced green chilies, and lemon wedges. Enjoy with naan.



Argentinean Locro

A hearty dish made with hominy (corn), potatoes, squash and meat, flavored with spices and aromatics. Locro Criollo is a national dish in Argentina, especially enjoyed on May 25th (Argentina's Revolution Day). Typically served with chimichurri and bread.



RECIPE INGREDIENTS

- 1 cup dried white corn
- 2 ears of fresh yellow sweet corn, cut the kernels off the cobs
- 2 medium white onions, coarsely chopped
- 2 cloves of garlic, thinly sliced
- 2 ¼" thick slices of smoked slab bacon, cubed
- 1 chorizo or other slightly spicy sausage, sliced
- 2 beef shanks
- 1 teaspoon ground cumin
- 1 teaspoon sweet paprika
- ½ teaspoon of ground black pepper
- 2 bay leaves
- 1 cup of butternut squash, peeled and diced small
- 1 cup of batata (white yam), peeled and diced small
- 1 large baking potato, peeled and diced small
- 2 plum tomatoes, cut in small wedges
- salt to taste

Recipe from saltshaker.net

INSTRUCTIONS

1. Soak the white corn in 2 cups of water overnight.
2. Add onions, garlic, bacon, sausage, and beef shanks to a large pot. Cook over medium heat until the onions are translucent. Add the fresh corn kernels, the paprika, cumin, bay leaves, and a little salt and the pepper. Continue to cook, stirring regularly, for roughly ten minutes.
3. Add the soaked white corn kernels, and add hot water to pot to fully submerge, about 2" above the level of the ingredients. Add the remaining vegetables, stir, and bring to a boil. Reduce heat and simmer, covered, for at least two hours.
4. At this point, remove the cover, remove the bay leaves. Fish the beef shanks out, discard the bones, and cut the meat into bite sized pieces, then return it to the pot. Continue to stir over low heat.
5. Using the back side of a wide spoon or spatula, start pressing the ingredients against the sides of the pan. The idea is to have the starchy vegetables and tomato disintegrate into the soup, it will gradually get thicker and thicker. The corn and meat will tend to resist being mashed, which is fine. Continue until it's a nice, rich, stew consistency. Add salt to taste.
6. Serve in bowls, and serve with bread.

Recipe from saltshaker.net

www.nourishcooperative.com

Five Lamb Shank Recipes



Jordanian Mansaf

A traditional Bedouin dish and the national dish of Jordan, featuring slow-cooked lamb shanks simmered in a rich, tangy sauce made from jameed (fermented dried yogurt). The base of this layered dish is a thin flatbread (shrak or markook), topped with fragrant turmeric rice, with the final layer of this tender meat and flavorful broth on top.



RECIPE INGREDIENTS

- 3 lamb shanks
- 5 Tbsp ghee
- 2 cups yogurt
- 2 Tbsp corn starch
- salt to taste
- 0.75 tsp turmeric powder
- 1 onion, cut in quarters
- 1.5 tsp black peppercorns
- 5 whole cloves
- 2 bay leaves
- 2 large garlic cloves
- 5 whole green cardamom
- 1.25 rice, washed and soaked for 20 minutes
- Chopped parsley, for garnish

Recipe from munatycooking.com

DIRECTIONS

Recipe from munatycooking.com

1. In a large pot or Dutch Oven add 3 tablespoons ghee and when hot, add the lamb shanks and brown on each side, about 2-3 min each side.
2. Pour in boiling water, enough to cover the shanks by ~3 in. Then add onion, garlic, salt 1/8 tsp turmeric powder, and other desired spices.
3. Let the lamb shank cook for an hour and 40 minutes on medium high heat. You may need to add more boiling water while cooking the lamb shanks.
4. Remove the lamb shanks from the stock and keep aside. Drain the stock from the spices. Discard the spices and keep one cup from the stock on the side.
5. Make the yogurt sauce - While the heat is off, and in a large pan, add the yogurt, corn starch and salt. Mix well and pour in one cup of the lamb stock.
6. Turn on the heat and cook the sauce on medium heat until it simmers, do not forget to stir often. Now add the cooked lamb shanks and cook on medium low heat for 15 minutes. Make sure to stir to prevent it from burning. Turn off the heat and keep aside.
7. In a medium pan, add 2 Tbsp ghee and when it is hot add the drained rice and stir for two minutes on medium heat.
8. Pour in 2.5 cups boiling water and add 1/4 tsp turmeric and salt to taste. Mix well and let it come to a boil. Then turn the heat down to low and cover the pan properly, preventing the steam from escaping.
9. Cook the rice for 15 minutes without removing the cover. Then fluff the rice using a spoon or a spatula.
10. On a plate, place a flat bread, unleavened or flour tortilla. Scoop some yogurt sauce and top it with rice and then the lamb shank. Pour a little more yogurt sauce on the lamb shank and rice.
11. Garnish with chopped parsley.



Moroccan Lamb Tagine

A traditional Moroccan lamb tagine is a slow-cooked, aromatic stew featuring tender lamb, warm spices, and a rich sauce. Cooked in a traditional tagine (a conical clay pot), this dish develops deep flavors as the ingredients simmer gently. Some versions incorporate dried fruits like apricots or prunes for a subtle sweetness, while others focus on preserved lemons and olives for a more savory, citrusy profile.



RECIPE INGREDIENTS

- 2 lb lamb shanks
- 5 garlic cloves, minced
- 1 preserved lemon
- 3 tsp cumin
- 1 tsp saffron
- 2 tsp turmeric
- 1 tsp salt
- 2 Tbsp smen (or ghee)
- 1 Tbsp water
- Moroccan bread or couscous

Recipe from salimaskitchen.com

DIRECTIONS

1. Make preserved lemons. Score 4 lemons into quarters, squeeze into canning jars and sprinkle with salt. Fill the jar with additional lemon juice, loosely seal with a lid and let sit on counter for ~ 1 week, then transfer to fridge.
2. Preheat oven to 275 deg F and arrange lamb in base of the tagline. A Dutch Oven can serve as a replacement for a traditional tagine, or a Heavy-bottomed pot with a tight lid.
3. In a small bowl combine the minced garlic, lemon, spices, ghee and water. Mix well and pour over the lamb.
4. Bake for 2-3 hours, with pot covered.
5. Enjoy with Moroccan bread or freshly cooked couscous to soak up the sauce, and sprinkle with minced parsley

Recipe from salimaskitchen.com



Greek Arnaki Kleftiko

A traditional Greek dish featuring slow-cooked lamb, marinated with garlic, lemon, olive oil, and aromatic herbs like oregano and rosemary.

The name "Kleftiko" means "stolen" in Greek, originating from the Klephts—rebels who would cook stolen lamb in underground pits to avoid detection. Served with potatoes, a Greek Salad, Tzatziki sauce, and pita bread.



RECIPE INGREDIENTS

- 4 lamb shanks
- 4 garlic cloves, chopped
- 1 tsp dried rosemary
- 1 tsp dried thyme
- 2 tsp dried oregano
- large pinch of ground cinnamon
- 3 bay leaves
- 1 large lemon
- 2 Tbsp olive oil
- 3 lbs waxy potatoes, chopped into large chunks
- 1 red pepper
- 0.4-0.5 cups white wine or water
- 150 g feta
- Pita bread

Recipe from bbcgoodfood.com

DIRECTIONS

1. Place lamb shanks in a large bowl with garlic, rosemary, thyme, oregano, cinnamon, bay leaves, lemon juices, juiced lemon halves, and olive oil. Stir everything together and chill overnight covered in the fridge.
2. Heat the oven to 375 deg F.
3. Add potatoes and peppers to base of a large roasting tin and pour over the wine. Remove the lamb from the marinade and set aside, then pour the leftover marinade over the veg. Toss to combine, then arrange the lamb on top of the veg.
4. Cover tightly with parchment paper and bake for 2.5 hours.
5. Remove the lamb from the tin, turn all the veg over, then turn the lamb over and place back on top of the veggies. Drizzle with a little more oil if seems dry.
6. Bake for 30 more minutes, uncovered, until the lamb is fall off the bone tender.
7. Let rest for 5 minutes then top with fresh feta and oregano and serve with pita bread.

Recipe from bbcgoodfood.com



Middle Eastern Maqluba

A traditional Middle Eastern dish known for its signature upside-down presentation. The name "Maqluba" literally means "upside-down" in Arabic, as the dish is flipped after cooking to reveal beautifully layered ingredients. It consists of rice, meat (commonly chicken or lamb), and vegetables such as eggplant, potatoes, and cauliflower, all cooked together with fragrant spices like cinnamon, cardamom, and turmeric.



RECIPE INGREDIENTS

- 4 Tbsp ghee or lamb tallow
- 1.5 lbs lamb shank
- 1 cinnamon stick
- 4 cardamom pods
- 2 bay leaves
- 1 onion
- salt and pepper to taste
- 6 cups water
- 2 eggplants, sliced 1/2 in thick
- 2 yukon gold potatoes, sliced 1/2 in thick
- 2 tomatoes, sliced
- 2 cups basmati rice
- 1 tsp seven spice
- 1 tsp kosher salt
- 1/2 tsp turmeric
- Chopped parsley

Recipe from unicornsinthekitchen.com

DIRECTIONS

1. Heat 1 tablespoon of ghee/tallow in a large pot over medium-high heat. Sear the lamb pieces on all sides until golden brown, approximately 3 minutes per side.
2. Add the cinnamon stick, cardamom pods, bay leaves, onion (halved or quartered), salt, and pepper to the pot. Pour in 6 cups of water to cover the lamb. Bring to a simmer, then reduce the heat to low and cover the pot. Cook the lamb for 1.5 to 2 hours.
3. Preheat the oven to 425°F. In a large bowl, toss the sliced eggplant and Yukon Gold potatoes with 3 tablespoons of ghee/tallow until evenly coated. Arrange the seasoned eggplant and potatoes in a single layer on a baking sheet. Roast in the preheated oven for 30 minutes, turning them halfway through the cooking time for even browning.
4. Lightly oil the bottom of a large pot or Dutch oven. Arrange the sliced tomatoes in an even layer at the bottom of the pot. Layer the roasted potatoes and eggplant over the tomatoes, followed by the cooked lamb pieces. Spread the rinsed & drained basmati rice evenly over the lamb. Sprinkle with the 7 spice blend, salt, and turmeric.
5. Pour 5 cups of the reserved lamb stock (from cooking the lamb) over the layers in the pot, ensuring that the liquid covers the rice by approximately 1 inch. Make sure the rice is patted tightly. Bring the pot to a gentle simmer over medium heat, then cover with a tight-fitting lid. Cook the Maqluba for 50 minutes, or until the rice is cooked through and the liquid has been absorbed. Remove the pot from the heat and let it sit, covered, for an additional 15 minutes to allow the flavors to meld.
6. Carefully run a knife around the edges of the pot to loosen the Maqluba. Place a large serving platter or plate over the top of the pot. Holding the platter and pot securely together, quickly flip them upside down to release the Maqluba onto the platter. Remove the pot carefully, allowing the layers of Maqluba to settle onto the platter.
7. Garnish with fresh parsley.



Indian Rogan Josh

A classic dish from Kashmiri cuisine, known for its rich, aromatic, and deeply flavorful profile. Tender pieces of lamb cooked in a sauce made with aromatic spices, yogurt and tomatoes. The name "Rogan Josh" roughly translates to "red oil" or "fat" (rogan) and "stew" or "gravy" (josh). Traditionally served with steamed basmati rice and/or naan to soak up the savory sauce. It may also be paired with raita (a yogurt-based side dish) or salad for added freshness.



RECIPE INGREDIENTS

- 1 onion
- 2 Tbsp ghee
- 4 lamb shanks
- 1 Tbsp ginger
- 2 garlic cloves
- 1 tsp chili powder
- 2 tsp ground cumin
- 2 tsp ground coriander
- 1 tsp turmeric
- 1 tsp ground allspice
- 1/4 tsp ground cardamon
- 2 Tbsp plain yogurt

Base sauce:

- 4 Tbsp yogurt
- 4 Tbsp water
- 2 Tbsp tomato paste
- 1/2 tsp salt

Recipe from carolinescooking.com

www.nourishcooperative.com

DIRECTIONS

1. Roughly dice the onion, then heat the ghee in a skillet/frying pan and cook the onion, stirring occasionally, until it has softened and is just starting to brown. Transfer the onion to the slow cooker.
2. Finely grate the ginger and garlic then mix with the rest of the spice paste ingredients (chili, cumin, coriander, turmeric, allspice or cloves, cardamon and yogurt). Rub the paste over the lamb shanks and put them in the slow cooker on top of the onions.
3. Mix together the base sauce ingredients (yogurt, water, tomato paste and salt) and pour into the slow cooker - I prefer to pour it to the side to keep the spice paste on the lamb rather than running off too much but it's not so important.
4. Turn on the slow cooker to low and cook for around 6-8 hours.
5. Remove bones from shank, and serve the meat in the sauce, with a side of basmati rice and/or naan

Recipe from carolinescooking.com

www.nourishcooperative.com

Five Pork Hock Recipes



Polish Golonka

A traditional Polish dish made with skin-on pork hocks. 'Golonka' means knuckle in Polish. The hocks are cured in a brine, cooked slowly until soft, and then baked with dark beer, honey and mustard - yielding fragrant and tender meat, with golden and crispy skin.

Commonly served with potatoes and pickles.



RECIPE INGREDIENTS

- 2 skin on pork shanks (ham hocks)
- 2 large carrots
- 2 parsley roots
- 3 garlic heads
- 4 white onions
- 8 bay leaves
- 12 allspice berries
- 16 cloves
- 20 black peppercorns
- 4 Tbsp salt
- 1 17 fl oz dark beer
- 3 Tbsp hot mustard
- 3 Tbsp honey
- 2-3 rosemary sprigs
- 2-3 thyme sprigs

Recipe from polonist.com

INSTRUCTIONS

1. First, brine 2 days in advance. Slice one carrot, one parsley root and an onion into pieces and add to a large pot. Add one garlic clove, 4 bay leaves 6 allspice berries, 8 cloves, 10 black peppercorns, and 4 tablespoons of salt. Then pour cold water in (roughly 6 cups), and mix until the salt dissolves. Place the meat into the pot and make sure hocks are fully submerged. If not, add more water. Cover and store for 48 hours in the fridge.
2. Two days later - remove hocks and rinse them with cold water. Using a strainer, pour the water out and keep the veggies while tossing the spices.
3. Return hocks to empty pot, and add fresh spices (4 bay leaves, 6 allspice berries, 8 cloves, 10 black peppercorns. Pour fresh water in, enough to cover the meat. Bring to a boil, cover the pot, then cook on a low simmer for ~ 2-2.5 hours, until meat is soft.
4. Time to bake. Preheat oven to 320 deg F and remove the hocks from the pot, moving them into an oven-friendly dish.
5. Pour in beer, 3 tablespoons of mustard, and 3 tablespoons of honey into a bowl and mix. Then pour the mixture over the ham hocks. Season with salt and pepper. Add a few rosemary and thyme springs, a few garlic cloves, and halved onions in between the hocks.
6. Place in oven, covered, for 2 hours. After 2 hours, remove the lid and bake for another hour. Throughout baking, baste the meat with the marinade from time to time.
7. Serve with pickles and potatoes.

Recipe from polonist.com



Filipino Pata Tim

A Filipino braised pork hock dish known for its rich, sweet, and savory flavor. It features slow-braised pork hock (pata) cooked with vegetables like bok choy and mushrooms, until the pork is fall-apart tender in a flavorful sauce made from soy sauce, oyster sauce, sugar, star anise, garlic, and wine. Served over steamed rice.



RECIPE INGREDIENTS

- 4 lbs skin on pork hocks
- 2-3 Tbsp lard
- 1/2 cup Chinese cooking wine
- 1/4 cup vinegar
- 1 cup soy sauce
- 1/2 cup sugar
- 3 pieces star anise
- 4 cups water
- 4 pieces shitake mushrooms
- 1 bundle bok choy

Recipe from kawalingpinoy.com

INSTRUCTIONS

Recipe from kawalingpinoy.com

1. Heat large pan (like a Dutch Oven) over medium-high and add lard. Pat pork hocks dry and sear all sides. Remove from pan and set aside.
2. Add the Chinese cooking wine, vinegar, soy sauce, sugar, star anise, and water to the pot. Over medium heat, bring to a boil, stir regularly until sugar is dissolved.
3. Place the pork hocks into the liquid mixture and boil for 2-3 minutes. Then cover the pot, turn the heat to low, and cook for ~2.5 hours until the meat is very tender. *Add water in 1/2 cup increments as needed during cooking to maintain about 2 cups of sauce.
4. In another pan, add a dash of lard and add sliced mushrooms to cook, stirring until cooked through. Then add bok choy, stirring regularly, and cook for about a few minutes until tender yet crisp.
5. To serve, place pork hocks on a serving platter. Arrange bok choy and mushrooms around pork leg. Then spoon sauce over the vegetables and meat. Serve with steamed rice.



Giò Heo Kho Nước dừa

A traditional Vietnamese dish that translates to Giò Heo (pork hock), Kho (braised or simmered), Nước dừa (coconut water) - made from braised pork hocks slow-cooked with a mix of ingredients like garlic, onions, fish sauce, sugar and coconut water, resulting in a savory, rich and slightly sweet flavor with tender, fall off the bone meat. Served with steamed rice and a small side of pickled vegetables.



RECIPE INGREDIENTS

- 1 lb pork hock, skin on
- 1-2 fresh coconuts
- 4-5 Tbsp sugar
- 4-5 Tbsp minced garlic
- 4-5 Tbsp sliced shallots
- 1 Tbsp pork lard
- 1 cup fish sauce
- 2 chili peppers
- Black pepper
- 1 tsp soy sauce
- water
- Chopped Green onions
- Kosher salt

Recipe from boriville.blogspot.com

INSTRUCTIONS

1. Rinse off pork hock under water.
2. Boil water in a pot and add in some Kosher salt to blanch the pork, boil for about 3 minutes. Remove from water and set aside.
3. Make marinade - mix 1 cup fish sauce, 4 Tbsp sugar, 1 sliced chili pepper, 4 Tbsp minced garlic, 4 Tbsp sliced shallots, 1/2 tsp pepper and mix well. Rub the sauce into the pork and let marinade for 1 hour
4. After 1 hour, it's time to braise. Add lard to a pot and add the remaining minced garlic and sliced shallots and saute for ~ 30 seconds. Then add the marinated pork hock, and 1 tsp soy sauce, cook on medium high heat. Open up fresh coconuts and pour in the coconut water. When it starts to bubble, add in some water until the pork hock is just submerged. Cook on a high simmer, add in remaining sugar, and cook for ~1.5 hours, or until it can be easily pierced with chop sticks.
5. Serve over white rice, with a side of pickled vegetables, and top with green onions.



Brazilian Feijoada

A traditional Brazilian hearty stew made with black beans, various cuts of pork (including pork shanks), and spices. Pork shanks, with their connective tissue and fat, add a lot of depth to the broth and contribute to the overall richness of the dish. Often served with rice, collard greens, and orange slices to balance the flavors.



RECIPE INGREDIENTS

- 2 cups dried black beans
- salt and pepper, to taste
- 3-4 bay leaves
- Lard
- 1 lb pork shoulder
- 1 smoked pork hock
- 2 fresh chorizo sausages (~1-2 lb)
- 1 large onion, chopped
- 1 large carrot, chopped
- 2 celery stalks, chopped
- 3-4 garlic cloves, crushed
- 2 small tomatoes
- a squeeze of lime juice
- fresh cilantro
- steamed rice and orange wedges, for serving

Recipe from dinnerwithjulie.com

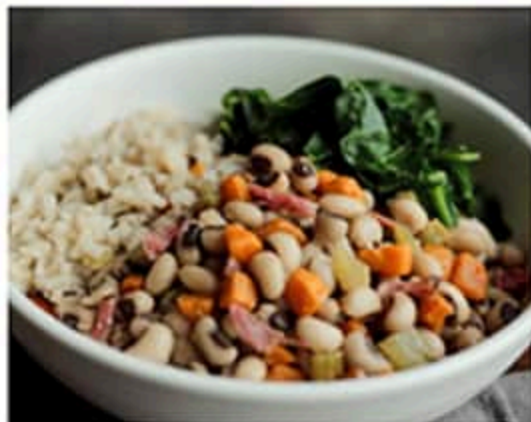
INSTRUCTIONS

1. Put the beans into a small pot and add enough water to cover by a couple inches. Let soak overnight.
2. The next day, bring to a boil, then turn off the heat and let them sit while you get meat started. Add a garlic clove and a couple bay leaves to the pot.
3. Set a medium pot (like a Dutch oven) over medium-high heat, add a little bit of lard, and brown the meat. Transfer them to a plate (slice the sausages into chunks) and add the onion, carrot and celery to the pot; cook for a few minutes, until soft. Add the garlic and cook for another minute.
4. Return the meat to the pot, drain and add the beans, add the tomatoes and enough water (or stock) to barely cover everything, and cook over low heat for about 3 hours, until all the meat is very tender and the sauce has thickened. (Check often to ensure the liquid isn't cooking off.) Add a squeeze of lime and season with salt and pepper, if it needs it - this will depend on the salted and cured meats that are already in there.
5. Serve topped with fresh cilantro atop steamed rice with orange wedges.



Southern Hoppin John

A traditional Southern dish of black-eyed peas, rice, collard greens and smoked pork (like ham hocks or bacon), eaten on New Year's Day for luck and prosperity. Pork symbolizes progress, as pigs root forward, while black-eyed peas represent coins, collard greens represent green bills, and rice represent abundance, making it a deeply symbolic and nourishing meal.



RECIPE INGREDIENTS

- 1 pound dried black-eyed peas
- 1-2 Tbsp butter
- 4 celery stalks (diced (about 1 1/2 cups))
- 2 carrots (diced (about 1 1/2 cups))
- 1 onion (diced (about 1 1/2 cups))
- 3 gloves garlic (finely minced)
- 2 lbs smoked ham hock
- 8 cups broth
- 5 sprigs fresh thyme
- 2 teaspoons paprika
- 5 teaspoons kosher salt (divided use)
- pepper (to taste)
- dash of cayenne pepper
- 1.5 cups rice
- 1 bunch collard greens

Recipe from metropolitan-market.com

www.nourishcooperative.com

INSTRUCTIONS

Recipe from metropolitan-market.com

1. Add dried beans to a large bowl and cover with 6 inches of water. Set aside overnight or for at least 12 hours. After soaking, drain and rinse beans.
2. In a Dutch oven or large stock pot, heat butter medium heat. Add celery, carrots, onion, and garlic and sauté until soft, 3 to 4 minutes.
3. Add drained black-eyed peas, ham hock, broth, thyme, and paprika. Season with salt, pepper, and cayenne, to taste. Bring to a boil and then simmer on low heat for one hour or until peas are soft. Add chopped collard greens for the last ~30 minutes of cooking.
4. In another heavy-bottomed saucepan over medium-high heat, stir together rice, 3 cups water, and 1 teaspoon salt. Bring to a boil, lower heat, and allow water to evaporate down to surface of rice. Remove from heat, cover, and set aside 10 minutes. Fluff before serving.
5. To serve, place rice in individual serving bowls. Top with cooked black-eyed peas, ham and collard greens.

www.nourishcooperative.com

Want to Explore the Richness of Shanks for Yourself?

Find your local farmer at www.eatwild.com or www.localharvest.org and ask if they have beef shanks, lamb shanks, or pork shanks in stock! (I bet they do!) This purchase won't only support your health — it will also help support your local farmer since these cuts don't move as quickly as popular steak cuts.

About the Author

Ashley Armstrong is passionate about helping others restore metabolic health through her work with her sister at ArmstrongSisters.com and in creating an alternative regenerative-agriculture food system low in PUFAs, pharmaceutical interventions, and toxic pesticides.

Armstrong is the co-founder of [Angel Acres Egg Club](#), which specializes in low-PUFA (polyunsaturated fat) eggs that are shipped to all 50 states. Armstrong also co-founded [Nourish Food Club](#), which ships low-PUFA chicken, low-PUFA pork, 100% grass fed beef and lamb, raw cheese, and traditional sourdough to all 50 states.

While the [egg club](#) has memberships open, the main Nourish Food Club site has a temporary waiting list while working on scaling up production by incorporating more small-regenerative farms over time.

Sources and References

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