The complete preparation instructions for this recipe are as follows:

Rub shanks with 1/4 cup olive oil and then toss with the sea salt, New Regime Spice Blend, and Aux Poivres Spice Blend.

Heat a large, heavy-bottomed stainless steel pot over high heat and sear the shanks until well colored on all sides. Once shanks are ready, pour off excess fat and add the tomato paste to the pan, cooking until reduced and beginning to caramelize and color.

At the same time, burn the cut sides of the onions over a flame or in a cast-iron pan. This will add a nice color to your sauce. You could use a little Kitchen Bouquet in place of this step.

Add onions, garlic, mushrooms, celery, bay leaves, ginger, cinnamon, rosemary, orange zest and juice, and anchovies to colored shanks and deglaze with the white wine. Reduce the liquids and nap the shanks.

Next, barely cover shanks with stock. Bring to a boil. Adjust seasoning with salt and pepper, then top with loose-fitting lid, piece of parchment paper, or aluminum foil with a hole cut in the center. Place in pre-heated 350° oven. Bake 2–3 hours or until tender (practically falling off the bone). Carefully remove shanks to storage container. Degrease the cooking liquid, then reduce until slightly thick. Strain over shanks, cool to room temperature. Store in refrigerator until ready to serve. Will keep up to a week.

To serve: remove braised shanks from fridge, discard fat from surface. Gently reheat shanks until hot to the bone. Stir in black olives, rosemary leaves, and sun-dried tomato slices. Season to taste with salt and pepper. If you wish, swirl in a couple tablespoons of butter. Serve with pasta or risotto to sop up all those great juices.