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## CONTACT

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# Wagyu Shank

5-6 Lb. American Wagyu Shank

2 Organic Sweet Spanish Onions

6 Cloves Organic Garlic

6 Sprigs Fresh Thyme

12 [Dried Organic Apricots](#)

12 [Dried Turkish Organic Figs](#)

1 cup [Dried Organic Mangos](#)

28 oz. [San Marzano Peeled Tomatoes](#)

3oz [Organic Tomato Paste](#)

2 tbsp. [Organic EV olive oil](#)

[Celtic Sea Salt](#)

2 [Organic Cinnamon Sticks](#)

1 tsp. [Hot Hungarian Paprika](#)

1.5 cups Organic Chicken Stock

preparation instruction, watch the video on YouTube:

[Wagyu Shank](#)

[Youtube.com/AwareHouseChef](https://Youtube.com/AwareHouseChef)

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