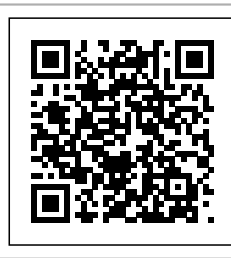


Osso Buco



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Recipe by: Laura Vitale

Serves 6

Prep Time: minutes

Cook Time: minutes

Ingredients

- 6 1½ inch Thick Veal Shanks
- ½ cup of All Purpose Flour
- ¼ cup of Olive Oil
- 1 Large Onion, Chopped
- 2 Carrots, peeled and diced
- 2 Stalks of Celery, diced
- 1 cup of White Wine
- 2 Tbsp of Tomato Paste
- 1 28oz can of Italian Crushed Tomatoes
- ¾ cup of Chicken Broth
- 1 Sprig of Fresh Rosemary, leaves removed and finely minced
- 1 Sprig of Fresh Thyme, leaves removed and finely minced
- 1 tsp of Dried Oregano
- 1 Small Dried Bay Leaf
- Salt and Pepper, to taste

For the Gremolata:

- ¼ cup of Fresh Parsley
- 1 Large Clove of Garlic
- Zest of One Lemon

1) With some kitchen twine, tie the veal shanks around the middle (so they keep their shape as they cook) set aside.

2) In a large pot, add the oil and let it preheat over medium-high heat, season the veal shanks on both sides with salt and pepper and dredge them in the flour making sure to shake off any excess. Place them in the hot oil and let them cook for 3 to 4 minutes per side or until deeply browned. Remove to a plate and set aside.



3) Add the chopped onion, celery and carrots to the same pot and season with salt and pepper, allow them to cook for 5 to 6 minutes or until they start to cook down.

4) Add the tomato paste and give it a stir cooking it for about 30 seconds.

5) Add in the white wine, let it cook for 1 minute.

6) Add the canned tomatoes, beef stock, rosemary, thyme, bay leaf and oregano, stir well, add the veal shanks back in and bring mixture to a boil. Reduce the heat to low and cover the pan with a lid.

7) Cook for about 2 hours or until the meat is falling off the bone checking on it every half hour or so.

8) Remove the veal shanks onto a platter, cut off the twine and cover them with some aluminum foil to keep warm. Discard the bay leaf.

9) Increase the heat to high and bring the sauce to a boil. Let it boil for about 5 minutes or until the sauce reduces a bit and thickens.

10) While the sauce is finishing cooking, make the gremolata.

11) Place the parsley, lemon zest and garlic on a cutting board and with a sharp knife, mince everything together so that you have a fine mixture, set aside.

12) Once the sauce is ready, spoon it over the veal shanks and sprinkle the gremolata evenly over the top. Enjoy!