

OSSO BUCCO

Prepared by: Laura Lutz, April 2019

Source: Appetites

6 veal shanks, each 6 to 7½ cm thick
Salt and black pepper from the grinder, to taste
50 grams of flour
60 ml plus 2 tablespoons of extra virgin olive oil
1 large yellow onion, peeled and diced
6 medium-sized carrots, scraped and diced
2 stalks of celery, diced
2 cloves of garlic, peeled and thinly sliced
1 bottle of dry white wine
1 can of 800 peeled tomatoes with moisture
1 liter of veal stock
½ orange, peeled grated, peeled and cut into quarters
1 bay leaf
4 sprigs of fresh rosemary
Whole parsley leaves

Season the shanks around with salt and pepper, swirl them through the flour and shake it too much off.

Heat 60 milliliters of oil in a heavy-bottomed frying pan over medium heat pour the shanks and roast them golden brown on both sides. If necessary, work in portions. Put the seared shanks with a kitchen tongs on a large plate.

Heat the remaining 3 tablespoons of oil in a heavy frying pan over medium heat and add the onion, carrot, celery and garlic. Season with salt and pepper and bake with a stirring wooden spoon 8 to 10 minutes, or until the vegetables are soft and begin to turn brown.

Pour the wine, bring to a boil and heat for 15 to 20 minutes, or until about halfway has been boiled.

Squeeze the peeled tomatoes by hand (so that it contains some pieces) and add the tomatoes (with moisture) and broth and bring to the boil. Put the segments orange and the bay leaf, rosemary and veal shanks, let it boil back and then turn the fire low.

Let the shanks cook over low heat for about 3 hours, until the meat is extremely tender and almost falls off the bone.

If you serve them immediately, you lay 1 shank in each bowl, but if you still want to wait, scoop them out of the sauce and leave to cool. (Just put them back in the sauce just before serving and warm them whole slowly on moderate heat.)

Fish the sprigs of rosemary, orange slices and the bay leaf from the pan. Taste and apply taste with pepper and salt. Spoon some of the warm sauce over the shanks and garnish with grated orange peel and, if you like, some parsley.

Serve with saffron risotto alongside or in the same bowl.

Laura's Notes: "Make the Osso Bucco the day before so the flavors meld. I sourced the veal shank at McGonigles."

