

Osso buco

INGREDIENTS

8 Large beef shanks
 Salt and Pepper to taste
 7 Teaspoon Unsalted butter
 3 Teaspoon Olive oil
 1 1/2 Cup Dry white wine
 1 1/2 Cup Onion chopped
 3/4 Cup Carrots finely chopped
 3/4 Cup Celery finely chopped
 1 Teaspoon Garlic minced
 4 Cup Beef broth
 1 1/2 Cup Plum tomatoes chopped
 Bouquet garni
 1/2 Teaspoon Salt

Gremolata:

1/2 Cup Fresh parsley chopped
 2 Teaspoon Lemon zest
 1 Teaspoon Garlic minced



Preparation

Season the veal shanks with salt and pepper and dredge in the flour, shaking off excess. In a heavy skillet, heat 3 Tbsp butter and 3 Tbsp oil over medium-high heat. Brown the veal shanks, adding additional butter and oil if necessary. Transfer the shanks as they are browned to a platter. Add wine to the skillet, boil the mixture, deglazing the pan, until the liquid is reduced to about a half cup. Reserve in a small bowl. In a flameproof casserole just large enough to hold the veal shanks in one layer, cook the onion, carrots, celery, and garlic in the remaining 4 Tbsp butter over medium-low heat, stirring occasionally, until the veggies are softened. Add the shanks and any accumulated juices to the casserole. Add the wine mixture, and enough broth to almost cover the shanks. Spread the tomatoes over the shanks, add the bouquet garni (6 fresh parsley sprigs, 4 fresh thyme sprigs, 1 bay leaf) and salt and pepper to taste. Bring the liquid to a simmer over moderately high heat. Braise the mixture, covered, in the middle of a preheated 325°F oven for 2 hours, or until the veal is tender. Transfer the veal to an ovenproof serving dish with a slotted spoon. Discard the strings and keep the shanks warm. Strain pan juices into a saucepan, pressing hard on the solids. Skim off the fat. Boil for about 15 minutes or until reduced to about 3 cups. Baste the shanks in some of the reduced juices, and bake them, basting 3-4 more times, for 10 minutes or until the shanks are glazed. In a bowl, stir together the parsley, zest, and garlic. Sprinkle the shanks with the gremolata and pour some juice around and over them. Serve the remaining juices alongside in a boat.