

Osso veal bucco

Ingredients

8 veal jarrets of 200 g each
20 cl of oil (olive)
6 garlic cloves
2 boxes of 400 g of crushed tomatoes
400g of carrots
2 onions
40 cl of dry white wine (optional)
1/2 l of vegetable broth (vegetable cube broth)
2 garnished bouquets
Flour
Pepper
Salt
1 orange

Accompaniment: potatoes or pasta.

Preparation

- Peel and cut the carrots into thick slices, mince the onions, chop the garlic. Brown the vegetables in a casserole dish with the oil.
 - Remove the vegetables from the casserole dish
 - Flour the meat and brown it in all its slices in the casserole.
 - Remove the meat, deglaze with white wine
 - Put the vegetables in the casserole dish, 1/2 l of broth, meat, garnished bouquets and add the orange zest and its juice.
 - Cook for 45 minutes from the valve of the valve
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- Serve with steam potatoes, or pasta.