

# *Veal Osso Bucco*

## *Ingredients*

8 slices of veal shank, 200 g each  
20 cl of oil (olive)  
6 cloves of garlic  
2 cans of 400 g crushed tomatoes  
400g carrots  
2 onions  
40 cl of dry white wine (optional)  
1/2 L of vegetable broth (vegetable cube broth)  
2 bouquets garnis  
Flour  
Pepper  
Salt  
1 orange

Accompaniment: potatoes or pasta.

## *Preparation*

- Peel and cut the carrots into thick slices, slice the onions, chop the garlic. Brown the vegetables in a casserole dish with the oil.
  - Remove the vegetables from the casserole
  - Flour the meat and brown it under all its slices in the casserole dish.
  - Remove the meat, deglaze with white wine
  - Return the vegetables, 1/2 L of broth, the meat, the bouquets garnis to the casserole and add the orange zest and its juice.
  - Let cook for 45 minutes from the rotation of the valve
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- Serve with steamed potatoes or pasta.