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
* Serve with steam potatoes, or pasta.