

Osso Buco



Ingredients:

For Osso Buco:

- 4 veal shanks, each about 2 inches thick
- Salt and pepper to taste
- All-purpose flour for dredging
- 1/4 cup olive oil
- 1 onion, finely chopped
- 2 carrots, finely chopped
- 2 celery stalks, finely chopped
- 4 cloves garlic, minced
- 1 cup dry white wine
- 1 can (14 oz/400g) diced tomatoes
- 1 cup beef or veal broth
- 1 bay leaf
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- 1 teaspoon grated lemon zest

For Gremolata:

- 2 tablespoons fresh parsley, finely chopped
- 1 teaspoon grated lemon zest

- 1 clove garlic, minced

Instructions:

1. Preheat Oven:

- Preheat your oven to 350°F (175°C).

2. Season and Dredge Veal Shanks:

- Season veal shanks with salt and pepper. Dredge them in flour, shaking off any excess.

3. Brown Veal Shanks:

- In a large, oven-safe pot, heat olive oil over medium-high heat.
- Brown veal shanks on all sides until they develop a golden crust. This step adds flavor to the dish.
- Remove the veal shanks and set them aside.

4. Sauté Vegetables:

- In the same pot, add chopped onion, carrots, celery, and minced garlic.
- Sauté until the vegetables are softened.

5. Deglaze with Wine:

- Pour in the dry white wine, scraping the bottom of the pot to release any browned bits (deglaze).

6. Add Tomatoes, Broth, and Herbs:

- Stir in diced tomatoes, beef or veal broth, bay leaf, dried thyme, dried rosemary, and grated lemon zest.
- Return the browned veal shanks to the pot.

7. Braise in the Oven:

- Cover the pot with a lid and transfer it to the preheated oven.
- Braise for about 2 to 2.5 hours or until the veal is fork-tender, occasionally basting the shanks with the cooking liquid.

8. Prepare Gremolata:

- In a small bowl, combine chopped fresh parsley, grated lemon zest, and minced garlic. This mixture is the gremolata, which adds a burst of freshness to the dish.

9. Serve:

- Once the veal shanks are cooked, remove the pot from the oven.
- Discard the bay leaf.
- Serve each veal shank with a generous spoonful of the braising liquid and a sprinkle of gremolata on top.

10. Enjoy:

- Osso Buco is traditionally served with risotto, mashed potatoes, or polenta. The gremolata adds a bright and zesty finish to the dish.

Enjoy your delicious Osso Buco! It's a comforting and savory dish with tender, flavorful veal shanks.