

T. Cook's

Veal Osso Bucco

Chef Lee Hillson

[Serves 4]

Of Northern Italian origin, Osso Bucco is traditionally a hearty winter dish, though is now enjoyed year round. When roasted, veal shanks release a gelatin into the cooking liquid creating a velvety-smooth sauce that rivals any butter sauce. The veal becomes fork tender, taking on the flavors of the braising liquid.

Ingredients

4 Veal shanks (or lamb), 1 pound each
Salt and pepper
½ Cup all-purpose flour
4 Tablespoons canola oil
1 medium onion, diced
3 cloves garlic, minced
2 sprigs Thyme
2 sprigs Rosemary
2 sprigs Parsley, leaves only
1 bay leaf
1 Cup white wine
4 medium tomatoes, cored and diced
1 Tablespoon tomato paste
3 Cups veal or chicken stock
3 large carrots, peeled
12 small shallots, peeled and trimmed
2 Tablespoons olive oil

Method

Tie each shank with butcher's twine around the circumference to secure. Season shanks generously with salt and pepper and dredge in flour. Shake off excess. Heat the oil in a large Dutch oven over medium-high heat. Brown shanks on both flat sides, about 3 minutes each side. Remove from pot and set aside. Stir in the onion. Cook until almost translucent, about 3 minutes and then stir in garlic, thyme, rosemary and bay leaf. Cook another minute and pour in the wine, stirring to scrape up any brown bits. Cook until only ⅓ cup of wine remains, about 5 minutes. Stir in the tomatoes and tomato paste. Cook until tomatoes begin to break down, about 2 minutes. Nestle the shanks into the pot. Pour in the stock and bring to a boil. Reduce the heat to a simmer and cover the pot. Simmer on low heat until meat is extremely tender and falling off the bone, about 2 to 2 ½ hours. Remove the shanks and set aside, loosely covered. Turn the heat to medium-high and reduce the braising liquid until it coats the back of the spoon, about 15 – 20 minutes. Remove the thyme, rosemary and bay leaf. Strain the sauce if desired. Taste and season with salt and pepper if desired.

Heat the oven to 350 °F. Cut carrots crosswise into 3 equal pieces, and then cut each piece in half lengthwise. Toss the whole shallots and carrots with the oil and season with salt and pepper. Place on a lined baking sheet and roast until tender and lightly browned, about 30 minutes.

Place a scoop of risotto in the center of a warm plate. Scatter the vegetables around the risotto. Place a shank on top of the risotto and remove the twine. Spoon the sauce all over the shank. Garnish with parsley leaves.

