

OSSO BUCO

adapted slight from Tarla Fallgatter, at a cooking class in the 1980s



10 pieces veal shank, meaty ends, tied with twine to keep it intact

1 1/2 cups dry white wine, vermouth is fine

3 tablespoons butter

3 tablespoons vegetable oil

1 1/2 cups onions, minced

3/4 cup carrots, minced

3/4 cup celery, minced

1 teaspoon garlic, minced

1/4 cup butter

4 cups veal stock, or chicken stock

1 1/2 cups canned tomatoes, drained, measured after draining

6 sprigs parsley

4 sprigs thyme

1 bay leaf

1/2 teaspoon salt

fresly ground black pepper to taste

GREMOLATA:

3/4 cup Italian parsley, minced

3 tablespoons lemon zest

1 1/2 tablespoons garlic, minced

Servings: 6

1. Dry meat with paper towels and season with salt and pepper, then dust with a little flour. Brown the shanks, a few at a time, in the butter/oil mixture until golden brown, top and bottom. Remove shanks from the pan and set aside. To the pot add wine, cooking it over high heat, scraping up the brown bits sticking to the bottom and reduce the mixture to about 1/2 cup. Pour mixture out and set aside.

2. In a flameproof casserole, just large enough to hold the veal shanks in one layer, saute the onions, carrots, and celery until soft and lightly colored along with the garlic and additional butter. Add veal, the reduced wine mixture and chicken stock - just enough to almost cover the shanks, or about 1/2 way up. Spread tomatoes on top and add herbs, salt and pepper to taste. Bring to a simmer over moderately high heat.

3. Place pot in a 325°F oven for 2 hours, or until the veal is tender.

4. Transfer veal with a slotted spoon to a serving dish; remove strings and keep warm. Strain the pan juices into a pan and puree the vegetables in a blender or food processor. Cook the juices and the vegetables together until reduced to about 3 cups of liquid. Baste the veal with some of the reduced juices and bake it, basting 3-4 times with the juices, for 10 minutes more, or until the veal looks glazed. Remove to a hot serving platter and pour some of the juices around it, then garnish with the gremolata.

5. **GREMOLATA:** Combine ingredients and mix together. (Make more if you like this mixture.)

Per Serving (excluding unknown items): 740 Calories; 33g Fat (42.4% calories from fat); 84g Protein; 17g Carbohydrate; 6g Dietary Fiber; 331mg Cholesterol; 1477mg Sodium. Exchanges: 0 Grain(Starch); 11 1/2 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 4 Fat.

Carolyn T's Blog: tastingspoons.com