

Pork Osso Buco

Adapted from Food Network, Jeff Mauro



- 4 pieces pork shank (about 3" high) tied with twine
- Kosher salt and freshly cracked black pepper
- 3 tablespoons vegetable oil
- 1 cup carrots, diced
- 1 cup celery, diced
- 2 large yellow onions, diced
- 1 tablespoon tomato paste
- 4 cloves garlic, minced
- 2 cups dry white wine (vermouth works here)
- 2 cups low sodium chicken broth, warmed
- 14 ounces crushed tomatoes, or fresh, chopped
- 2 whole bay leaves

GREMOLATA:

- 1 cup fresh parsley, finely minced
- 2 teaspoons lemon zest, using a rasp grater
- 1 teaspoon orange zest, optional, using a rasp grater
- 2 cloves garlic, grated on a rasp grater
- Kosher salt and freshly cracked black pepper

Per Serving (excluding unknown items): 286 Calories; 11g Fat (44.3% calories from fat); 9g Protein; 22g Carbohydrate; 5g Dietary Fiber; 1mg Cholesterol; 477mg Sodium. Exchanges: 1/2 Lean Meat; 3 1/2 Vegetable; 0 Fruit; 2 Fat.

Carolyn T's Blog: tastingspoons.com

Servings: 4

1. Preheat the oven to 300°degrees F. Heat a large Dutch oven over medium-high heat. Liberally season all sides of the shanks with salt and pepper. Add 2 tablespoons of the oil to the pan and sear the shanks until golden brown on all sides, about 5 minutes a side. Transfer to a plate.
 2. Add the remaining tablespoon of oil to the Dutch oven, then add the carrots, celery and onions. Season with salt and pepper and saute until the vegetables are slightly soft and browned, about 8 minutes. Add the tomato paste and garlic and saute until fragrant, about 30 seconds. Add the wine to deglaze, scraping all the bits off the bottom. Add the shanks, any accumulated juices, the warm broth, tomatoes and bay leaves. Cover, transfer to the oven and cook until the shanks are extremely fork-tender, about 3 hours. Remove the shanks and tent with foil on a plate.
 3. If the braising liquid is a bit thin, right before serving, simmer the remaining liquid until thickened slightly, 5 to 10 minutes. Add additional salt and pepper if necessary. If possible, use a stick blender in the liquid to puree it. Cook's Note: The shanks can be stored for up to 2 days in the braising liquid.
 4. On each plate, place a warm shank with a ladle of rich braising liquid, then top with the fresh Gremolata.
 5. Gremolata: Mix the parsley, lemon zest, orange zest and garlic together in a bowl and season with salt and pepper.
- <http://www.foodnetwork.com/recipes/jeff-mauro/pork-shank-osso-buco-with-polenta-and-gremolata.html?oc=linkback>