

Osso Buco



Ingredients:

4 lb. bone-in veal shanks
1/2 cup all-purpose flour
4 Tbs. grapeseed oil, plus more as needed
3 yellow onions, diced
8 garlic cloves, minced, divided in half
3 carrots, peeled and diced
1/2 cup red wine
1/4 cup demi-glace
1 1/2 cans (each 14 oz.) diced tomatoes, drained
2 1/2 cups chicken stock
2 1/2 cups beef stock
3 bay leaves
3 or 4 sprigs fresh thyme
1 Parmesan cheese rind
1/4 cup fresh chopped parsley
1/4 cup fresh grated lemon peel
Salt and freshly ground pepper, to taste

Directions:

- 1) Season the shanks with salt and pepper. Dredge them in the flour, shaking off the excess.
- 2) In a deep pan over medium-high heat, warm the grapeseed oil. Working in batches, brown the shanks, 6 to 8 minutes per batch, adding more oil to the pan as needed. Transfer the meat to a slow cooker.
- 3) Sauté the onions and carrots, stirring to scrape up the browned bits, until the onions are slightly translucent and beginning to brown, 4 to 6 minutes. Add 4 cloves of the chopped garlic and cook until fragrant, about 1 minute. Pour in the wine and simmer, stirring, until most of the liquid has evaporated. Add the demi-glace and tomatoes, chicken and beef stocks, bay leaf and thyme sprigs, increase the heat and bring to a simmer.
- 4) Add sauce mixture to the slow cooker along with the Parmesan rind, covering the meat and simmer on low heat 6-8 hours until the meat is falling off the bones. Remove bay leaf and thyme sprigs. Season the dish with salt and pepper.
- 5) Prepare the Gremolata by combining 4 cloves of the chopped garlic, the chopped parsley and fresh lemon peel.
- 6) Transfer the Osso Buco to a service dish or spoon the entrée into bowls and serve, garnishing the dish with a generous amount of the Gremolata.