

Osso Bucco

Category: Italian

Servings: 8

Rating: 10

Source: More Heart Smart Cooking

Description:

Meat can be served on or off the bone. A great "make-ahead" dish.

Ingredients:

all-purpose flour	1/4 cup
salt	1/4 tsp.
pepper	1/2 tsp.
veal shanks	8 pieces, trimmed of fat
vegetable oil	2 tsp.
onions	2, chopped
garlic	4 cloves, finely chopped
celery	2 stalks, chopped
carrot	2, chopped
dry white wine	2 cups (or use chicken stock or a mixture of both)
plum tomatoes	1 28 oz. can with juices
lemon juice	2 Tbsp.
fresh rosemary	1 Tbsp.
pepper	1/2 tsp.
parsley	1/4 cup, chopped
lemon peel	1 Tbsp., grated
garlic	2 cloves, finely chopped

Instructions:

1. Combine flour, salt and pepper. Pat veal dry and dust with seasoned flour.
2. Heat oil in large, deep ovenproof skillet. Brown veal on medium-high heat on all sides. Remove meat and reserve. Remove all but 2 tsp. fat from the pan.
3. Add onions, garlic, celery and carrots. Reduce heat and cook gently until fragrant and tender. About 10 minutes.
4. Add wine and increase heat. Bring to a boil and let half the wine evaporate. Add chicken broth (if using) and tomatoes, breaking them up with a spoon. Add lemon juice, rosemary and pepper.

5. Return veal to pan. Cover and simmer gently in preheated 350F oven for 2 to 4 hours, or till veal is very tender (you can also transfer everything to a casserole dish and cover it tightly with a lid or foil.) If sauce is not thick enough remove veal to platter and keep warm. Bring sauce to boil and cook to desired thickness.

6. To make herb topping, combine parsley, lemon peel and garlic.

7. Serve veal and the sauce over risotto or polenta. Sprinkle with the herb topping.