



Ossobuco

Ingredients

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|---------------------------------------|------------------------------------------------|
| 4 Veal Shanks (8-12 oz. Each) | 3-4 Tbsp. Unsalted Butter |
| 1 ½ c. Flour | 1 Heavy tsp. Rosemary |
| 2 Gold Onions, Chopped
Medium-Fine | 1 Heavy tsp. Thyme |
| 2 c. San Marzano Tomatoes | 1-1 ½ c. White Wine |
| ½ c. Carrots, Chopped | ¼-½ tsp. Cinnamon |
| ½ c. Celery, Chopped | Sea Salt |
| 2 c. Beef or Veal Broth | Fresh Ground Black Pepper |
| 4-5 oz. Pancetta | Vito & Joe's Italian Extra Virgin
Olive Oil |
| 3-4 Cloves Garlic, Finely Chopped | |
| Gremolata: | |
| ¼ c. Parsley, Finely Chopped | 1 Lemon |
| 3 Cloves of Garlic, Finely
Chopped | |

THE LEAN BEYONDERS OF PISA
ONE LINE DRAWING BY MICHAEL SULLIVAN

How to Prepare

In a large bowl, mix together flour, 1 Tbsp. of sea salt, and 1 Tbsp. of fresh ground black pepper. Sprinkle salt and pepper on the veal shanks and press into the meat. Flour each piece, covering each of them entirely.

Heat a Dutch oven or cast-iron pan on a stovetop. Coat the bottom with $\frac{1}{3}$ c. Vito & Joe's Italian Extra Virgin Olive Oil. Add the butter. When the pan is hot, place the veal shanks in the pan with tongs. Sear each side until brown and caramelized. Remove them from the pan onto a plate.

Turn the heat to medium. Add the onions to the pan and cook down for 2-3 minutes. Add the chopped pancetta and garlic and stir. Cook until browned. Add the wine, celery, carrots, rosemary, thyme, and cinnamon. Cover and cook for 5-6 minutes.

Place the veal back in the pan. Pour in the beef or veal stock. Add in the tomatoes. Gently mix everything together with the tongs. Cover loosely so that steam can escape and cook for 3 hours in low heat, checking it periodically.

Gremolata:

Peel a whole lemon and mince the peel. Add to a bowl with the chopped parsley and garlic and stir together.

After cooking the veal, uncover the pan. Add enough gremolata to cover the veal and place the cover back on. Remove the pan from heat and let it sit for a few minutes.

Place the veal on a platter. Pour the sauce from the pan into a bowl. Serve on top of polenta or risotto. Ladle sauce on top to finish.

Bon Appétit!