



Creative Kitchens

Personal Chef Service

Ossobucco of Veal

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1/4 cup flour
1 tsp kosher salt
1 tsp. black pepper
4 each Veal shanks
(order from your favorite meat department)
2 tbs. plain olive oil
3 garlic cloves, minces
1/2 yellow onion, dices

2 carrots, diced
2 celery stalks, diced
1 tbs. fresh rosemary, chopped
2 tbs. fresh thyme, chopped
1 cup good red drinking wine
2 tbs. tomato paste, to taste
4 cups beef broth*
salt and pepper to taste

Fold Here

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Preheat oven to 375°. Place dutch oven on medium heat on stove. Season veal shanks with salt and pepper. Dredge seasoned shanks in flour. Add 3 tbs olive oil to dutch oven. Place floured shanks in hot oil to brown on both sides. Do not turn until shanks are brown on first side, approx. 5 minutes. When shanks are browned on both sides remove from pot and place on a plate. Add 2 tbs. olive oil to pot and add garlic, onion, carrots and celery. Saute for 5 minutes, add rosemary, thyme, wine, tomato paste and beef broth. Simmer for 2 minutes.

Place shanks back into pot, cover tightly and place in oven for approximately 2 hour (or until meat is tender enough to fall off the bone). Remove shanks and keep warm in oven. Puree remaining ingredients until smooth with wand mixer or cool somewhat and use blender (careful because hot material will cause lid to blow off blender if not cool enough). Serve with freshly roasted carrots and potatoes. Garnish with lemon slice and parsley.

* Beef broth can be made with Minors Beef Base which can be purchased from www.cooks4u.com. Go to link at Soupbase.com located on home page.

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