

OSSO BUCO

Fall off the bone delicious ...



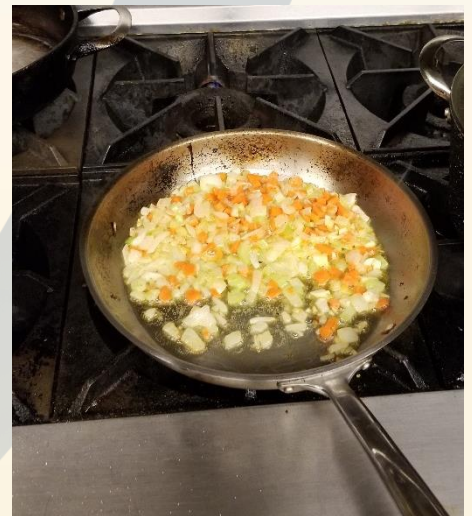
Beforehand: Defrost the frozen veal osso buco in the fridge overnight.

Osso buco may be prepared on the stove top (Method A) or in the oven (Method B).

Step 1. If you are using the oven, preheat oven to 350°F (180°C).

Step 2. Dice two celery branches, two large carrots, two onions, four garlic cloves.

Step 3. In a large heavy deep skillet, add 2 Tbsp. of canola oil, cook the onions until soft, without browning. Add garlic, celery and carrots, continue cooking for 2-3 minutes.



Step 4. Add 1 can 19 oz (540 ml) diced tomatoes to the skillet and continue cooking 2-3 minutes. Reduce heat and simmer.



Step 5. Dredge veal osso buco in flour that has been lightly seasoned with salt and pepper.



Step 6. In a large heavy deep skillet, add oil to cover the base and melt 2 tablespoons butter. Use an oil that can withstand high heat, such as canola oil.



Step 7. Brown the meat on both sides.



Step 8. If using the stove top method, transfer the meat to a casserole. Add the vegetable and tomato sauce mix to the casserole.



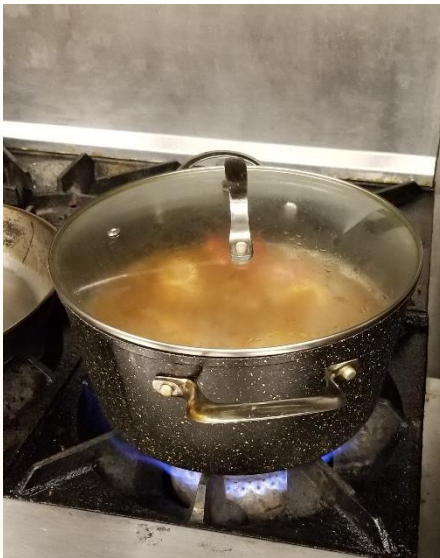
Step 9. Dissolve one Tbsp. of veal concentrate in 1 ½ cups of water. Bring to a boil.



Step 10 (A). Add veal stock to the casserole with the meat.



Step 11 (A). Bring to a boil, cover, reduce heat and simmer for 2.5 – 3 hours. Cook until the veal is fork-tender.



Step 12 (A). What a better way to chase the chill than with a warm fall of the bone veal osso buco.



Step 10 (B). If you choose using the oven method, transfer the meat, vegetable and tomato sauce mixture and veal stock to a pan that is good for the oven.



Step 11 (B). Cover and bake for 45 minutes at 350°F. Reduce the oven's temperature to 325°F (160°C) and bake for an additional 2 hours. Cook until the veal is fork-tender.



Step 12 (B). What a better way to chase the chill than with a warm fall of the bone veal osso buco.



Bon appétit!

Garnish the osso buco with the vegetable tomato sauce mixture and a side of mashed potatoes and homemade gremolata.

In a bowl combine all the ingredients for your own gremolata;

Grated zest of 2 lemons

1 garlic clove finely chopped

Pepper to taste



Serve with a side of pasta and homemade gremolata.



Serve with a side of rice or risotto and homemade gremolata.

