

OSSO BUCO (Hollow Bone)

4 portions Victoria veal shin on bone or
4 portions baby veal shanks
2 onions diced
2 carrots peeled and sliced
1 stalk celery sliced
2 cloves garlic crushed
440g crushed tomatoes
125 g white wine

250ml chicken or veal stock

Salt & pepper to taste

Flour to coat meat

2 Tbs olive oil

Coat meat in seasoned flour and gently brown in oil in pan. Remove to an ovenproof casserole. Add vegetables and gently sauté. Add wine and reduce a little then add tomatoes and stock and bring to a slow simmer. Taste for seasoning and if necessary add a little tomato paste to thicken sauce. Pour over meat in casserole and bake covered in a pre heated oven 160°C for 2 hours. Check and add a little more stock if necessary. Veal should be falling off the bones when cooked.

Traditionally served with Milanese Risotto and a pinch of gremolata (a finely chopped mixture of parsley, garlic and lemon rind).

This recipe will serve 4 people. Meat can be substituted with lamb shanks or any forequarters chops and adjust the cooking time accordingly.