Osso Bucco

(Braised Hind Veal Shanks)
This dish goes very well with a creamy saffron risotto.

Serves Four
4 - 14oz. hind veal shanks
1 large yellow onion coarsely chopped
2 carrots coarsely chopped
4 ribs celery coarsely chopped
5 cups beef stock
1 cup dry red wine
Bouquet garni of parsley, thyme & bay leaf
10 whole black peppercorns
10 whole cloves garlic
1 cup coarsely chopped roma tomato

Prepare the veal shanks with Sea Salt and fresh cracked black pepper, dust with flour then sear each side in a sauté pan until they turn a caramel color. Remove from pan and set aside. Add vegetables and herbs to sauté pan. Sauté over high heat till it just starts to brown but not burn. Deglaze pan with red wine. Add veal and vegetables to baking pan with demi glace (or beef stock). Cover and bake for 3 hours at 350°.
The meat should be falling off the bone.
Take veal out of pan and puree vegetables and pan juices together to make a sauce.
Prepare an orange gremolata with minced garlic, fresh parsley and orange zest and extra virgin olive oil. Serve on the side with grilled Tuscan bread.

BUON APPETITO