



# Veal Shanks Osso Buco

## Ingredients

- 4 veal shanks, center bone, cut into 8, 10 oz. portions
- 1 cup vidalia onion, diced
- 1 cup canned plum tomatoes, seeds removed and slightly crushed
- 2 cups porcini mushrooms
- 1 cup diced carrots
- 1 cup diced celery
- 2 cloves garlic, finely chopped
- 2 cups hot stock (beef, veal, or chicken)
- 1 sprig rosemary
- 2 bay leaves
- 3 sprigs fresh parsley
- ½ cup Parmesan cheese
- 1½ cup red wine
- ¼ cup lemon juice
- 1 tbsp. lemon zest
- ¼ cup apple juice
- 2 tbsp. unsalted butter
- 3 tbsp. olive oil

## Directions

- Preheat oven to 350°.
1. Season the veal with salt and pepper. Add 1 clove garlic and vegetables, 1 cup wine, lemon and apple juice, cheese and tomatoes into a VacuWare® FreshContainer™ with veal. PowerMarinate™ for 15-30 minutes, then remove veal.
  2. Heat the olive oil and butter together in a large, heavy skillet and sear the veal shanks over high heat on both sides until well browned, about 10 minutes on each side depending on the thickness of the veal.
  3. Remove the browned veal shanks from the skillet and place them in an ovenproof casserole dish. In the same skillet used to brown the veal, add the diced vegetables, along with the remaining garlic and sauté them for 3 to 4 minutes.
  4. When the vegetables have begun to cook and soften, add the remaining ½ cup wine and deglaze the pan. Add the lemon zest and all liquid from the container. Simmer until liquid is reduced.
  5. Add the tomatoes and bring to a boil, before carefully pouring over veal shanks in the casserole dish.
  6. Add the hot stock and herbs to the casserole and braise, covered for approximately 1 hour and 45 minutes. The veal should be fork tender, with the meat just beginning to separate from the bone. Do not remove from the oven until fork tender.
  7. Serve over Cheesy Garlic Risotto, also available on [www.vacuware.com](http://www.vacuware.com).



Serves: 4

Prep Time: 10 min

Cook Time: 1 hr 45 min

Difficulty: 🐼🐼🐼

