

Quebec Grain-Fed Veal Osso Buco with Gremolata



Type of cut: shanks
 Yield: 4 to 6 servings
 Degree of difficulty: easy
 Preparation: 45 minutes
 Cooking: 1 hour 30 minutes
 Cooking method: braising

Wine pairing



Ingredients

- 4 to 6 slices of Quebec Grain-Fed Veal shank (according to size)
- Olive oil in sufficient quantity
- Salt and pepper to taste

Row of vegetables

- 250 ml (1 cup) diced onions
- 250 ml (1 cup) diced carrots

Sauce

- 500 ml (2 cups) veal stock or chicken broth
- 10 ml (2 tsp) garlic, thinly sliced
- 250 ml (1 cup) dry white wine
- 500 ml (2 cups) crushed tomatoes with the juice
- 30 ml (2 tbsp) white roux (equal quantity of butter and cooked flour)
- Salt, pepper, Provence herbs or Italian fine herbs to taste

Gremolata

- 50 ml (1/4 cup) fresh parsley, finely chopped
- 30 ml (2 tbsp) grated lemon zest
- 15 ml (1 tbsp) garlic, finely chopped

Preparation

1. Preheat oven to 175°C (350°F).
2. In a frying pan, on high, sear the grain-fed veal shanks until slightly brown.
3. Place the veal shanks in a roasting pan on a layer of vegetables and salt and pepper to taste.
4. Deglaze the frying pan with the veal stock and pour on the shanks.
5. Add garlic, white wine and tomatoes (without submerging the meat). Cover and cook in the oven until the meat gives away easily with pressure or the inner temperature reaches 90°C (195°F).
6. Remove shanks from the oven, cover lightly with aluminium foil and let sit for a few minutes.
7. Meanwhile, mix all the gremolata ingredients and set aside.
8. Thicken the sauce with white roux, add half the gremolata and reduce until desired consistency.
9. Serve the grain-fed veal shanks with pasta basted with sauce and sprinkle the remaining gremolata on top.

Note: You can calculate approximately 1 hour per inch of thickness of the meat.