



Ossu Buco

Serves 4

1/4 cup all-purpose flour
1/4 cup Butter
2 cloves garlic, crushed
1 cup diced onions
1/1 Diced carrots
2/3 cup white wine
2/3 cup beef stock
1/2 cup chopped fresh parsley
1 clove garlic, minced
2 teaspoons grated lemon zest
salt and pepper to taste

Directions

Dust the veal shanks lightly with flour. Melt the butter in a large skillet over medium to medium-high heat. Add the veal, and cook until browned on the outside. Remove to a bowl, and keep warm. Add two cloves of crushed garlic and onion to the skillet; cook and stir until onion is tender. Return the veal to the pan and mix in the carrot and wine. Simmer for 10 minutes.

Pour in beef stock, and season with salt and pepper. Cover, and simmer over low heat for 2 hours, basting the veal every 15 minutes or so. The meat should be tender, and pull away from the the bone.

In a small bowl, mix together the parsley, 1 clove of garlic and lemon zest. Mix into the veal sauce just before serving.