



Recipes from the Meat Department

Osso Bucco

6 pieces Osso Bucco (Veal Shins)
salt & pepper
Flour – for dredging
4 tbs butter
2 tbs olive oil
1 clove garlic – crushed
1 onion – chopped
2 stalks celery – chopped
2 carrots – chopped
½ cup white wine
1 can tomatoes (16oz)

Preheat oven to 350-degrees. Sprinkle the osso bucco with salt & pepper and dredge in the flour. In a casserole large enough to hold the pieces in one layer, heat the butter and the oil. Add the garlic clove and toss until it is brown. Add the veal pieces and brown them on both sides (or alternately you can heat and braise the pieces in a fry pan and then transfer them to a baking dish). Add the onion, carrots and celery. Pour the wine over the veal. Squish the tomatoes through your fingers and add them to the dish. Pour the juice from the tomatoes over the top; making sure everything is covered with liquid. Cover the casserole or if you are using a baking dish, cover tightly with a piece of aluminum foil. Let the veal bake for about 1-1/2 hours – checking occasionally making sure that the liquid is not boiled away. If you need to add liquid either add some tomato juice or water. The veal is done when it almost falls of the bone. Serve immediately.