



Ingredients:

- 2 veal shanks (approx. 300g ea)
- 1 large onion, diced
- 2 cloves garlic, diced
- 1 carrot, peeled and chopped
- 1 leek (white part only), washed and sliced
- 2 ripe tomatoes, peeled and quartered
- 1 stalk celery chopped
- 3 tbsp. tomato paste
- 1 cup dry white wine
- 1 cup veal or chicken stock
- 3 tbsp. olive oil

continues...

l'art de cuisiner

STARK & WHYTE

La Cocotte... "Osso Buco"

Method

1. Preheat Staub "Cocotte" over medium heat.
2. Brown veal shanks on all sides in 1 tbsp. olive oil.
3. Remove shanks and set aside.
4. Pour off accumulated fat.
5. Add 2 tbsp. olive oil.
6. Sauté chopped onion, carrot, leek and celery until soft, while scraping drippings from the bottom of the "Cocotte" (15-20 minutes).
7. Add tomato quarters, tomato paste and 1 clove of garlic.
8. Add shanks (surround with vegetables).
9. Add white wine and stock.

Continues...

Ingredients (cont.):

Anchovy “Gremolata”:

4-5 anchovy filets
1 cup fresh parsley
Zest from one lemon
1 clove garlic
Salt & pepper to taste

Method (cont.)

10. Cover and simmer over low heat on stove top or cook in oven at 325 °F (160 °C) for 2 hours (or until meat is tender and falling from the bone).
11. Remove shanks and vegetables and set aside. Skim fat and simmer to reduce cooking liquid by one third.
12. Season to taste with salt and pepper.
13. Add shanks and vegetables back to the “Cocotte”.
14. Serve from Staub “Cocotte” with saffron risotto, soft polenta or mashed potatoes, garnish with Gremolata.

Anchovy “Gremolata”:

1. Chop anchovy, garlic, lemon zest and parsley together (serve on side with Osso Buco).

