

Ossobuco

Description

Ossobuco is a veal and tomato stew which is served with risotto alla Milanese. This recipe serves 4, takes about 3 hours, and the ingredients cost about \$35.

Directions

Browning the veal

- Tie the veal with twine so that the meat is firmly held around the bone.
- Pepper the veal.
- Coat both sides of the veal in flour.
- Coat the pan with olive oil.
- Place pan over medium/high heat.
- Once pan has heated up, brown the veal (2-3 minutes each side).
- Remove the veal from the pan.

Bedding for the veal

- Place the garlic, celery, carrots, and onion in the pan.
- Scrape the pan and cook for 3 minutes.
- Add the wine and cook for 2 more minutes.
- Add the tomatoes, majoram, bay leaves, and parsley.

Braising the veal

- Return the veal to the pan.
- Partially cover the pan with the lid offset about 1 inch and reduce heat.
- Cook at a low simmer for 2.5 hours.
- Remove veal and strain through fine sieve.
- Season with salt to taste.

Finishing the dish

- Place risotto on a dish.
- Place veal on risotto and clip twine.
- Pour strained stew over veal.

Notes on the directions

- The pan should be flat, 2 inches deep, have a cover, and be just large enough to hold all of the veal (12 inches works for me).
- For purely aesthetic purposes, avoid direct contact with the marrow at all stages of the cooking - especially if one is using tongs.
- Start with the veal at refrigerator temperature. Otherwise, the veal will take excess flour, and also cook too much when browning causing it to concave so that the other side will be difficult to brown properly.
- The veal will not be fully cooked at the browning stage.

Ingredients

- 4 veal shanks cut 1 inch thick (marrow should be visible on both sides)
- pepper
- 1/2 cup of flour
- olive oil
- 4 cloves of garlic, crushed
- 2 cups mirepoix (carrot:celery:onion, 1:1:2)
- 5 ounces of a dry white wine (sugar content of 7-10g/L)
- 12 ounces of canned D.O.P. San Marzano tomatoes
- 2 springs of majoram
- 1 bay leaf
- 4 springs of parsley

Notes on the ingredients

- The veal shanks contribute a sweet and savory flavor to the dish, but they can be substituted with beef shanks. The beef shanks should be submerged in water for 2-3 hours prior to use. Using beef will cause the stew to take on a dark red color rather than an orange-red color.
- I would prefer to replace the D.O.P. San Marzano tomatoes with ripe plum tomatoes. However, my experience (Seattle and Toronto) is that ripe plum tomatoes are hard to come by – even when in season. These tomatoes set a high standard for those which are good for sauces; one is likely to benefit from knowing what these excellent tomatoes taste like.