



Osso Buco

Ingredient List:

- **4 Cross-Cut Veal Shanks, approximately 12-14oz. each**
- **1 Cup Mire Poix, diced (1/2 cup Onion, ¼ Cup Carrot, ¼ Cup Celery)**
- **2 Tablespoons Fresh Garlic, Minced**
- **1 Cup Diced Tomatoes**
- **1 Quart Chicken Stock**
- **Zest of 1 Orange**
- **Kosher Salt, to taste**
- **Olive Oil, as necessary**

Preparation Instructions:

1. Heat olive oil in a cast iron skillet, soup pot, or large sauté pan until a light haze forms and oil flows like water when pan is tilted.
2. Season shanks evenly on all sides with salt and sear them in the oil. Allow shanks to brown generously on all sides before turning, this should take 8-10 minutes.
3. Remove shanks to a half hotel pan and reduce heat to medium.
4. Add mire poix to pan and deglaze, stirring regularly for thirty seconds.
5. Add tomatoes, chicken stock, garlic and orange zest and bring to a boil.
6. Pour liquid and vegetable mixture over shanks and cover pan with foil.
7. Place in a preheated 350°F oven for one hour, remove pan from oven and turn meat over. Cover once again and braise for one hour longer.
8. Remove pan from the oven, remove the foil and allow meat to cool in the braising liquid. I recommend doing this overnight to retain the most flavor.
9. When you are ready to eat/serve the Osso Buco, reheat in the braising liquid in the microwave or in a pan over a low flame. Once hot, place shank in the center of a bowl and ladle liquid and vegetables over the top. Garnish with gremolata and a sprig of rosemary and enjoy. Bon Appetit!

“Keep It Paleo!”