

Osso Buco

4 veal shanks cut 1 ½ to 2 inches each *

½ cup flour

¼ cup vegetable oil *

1 carrot diced *

1 celery stalk diced *

1 can plum tomatoes crushed *

2 cups red wine *

2 cups veal stock or chicken broth *

1 t chopped thyme *

1 t chopped sage *

1 t chopped oregano *

½ t grated lemon zest (optional) *

Salt *

Pepper *

Heat oven 325.

Sprinkle veal with salt and pepper.

Dredge through flour.

Heat oil in baking dish and add shanks and cook for 10 minutes, turning after 5 minutes.

Transfer to a plate and add carrot, celery and bake for 5 minutes.

Add shanks, tomatoes, wine, stock, thyme, sage, oregano, and zest.

Cover and bake for 2 1/2 hours.

Serves 4.

