

Salt and Serenity

Osso Buco Sauce

Makes enough sauce to coat about 3 pounds of pasta. If you are just having 4 for dinner, mix about 1/3 of the sauce into the cooked pasta and freeze the remaining sauce for another night.

Ask the butcher to cut each veal shank crosswise into 2 inch thick slices, to make it more manageable.

3 pounds veal shanks, cut crosswise into 2 inch thick slices
salt and freshly ground black pepper
1 cup all purpose flour
4 tablespoons olive oil
2 medium onions, diced
4 stalks celery, diced
4 carrots, diced
1 red pepper, seeds and ribs removed, diced
1 teaspoon dried thyme
¼ - ½ teaspoon dried red pepper flakes
1 cup white wine
5 cups water
5 cups chicken stock
1 28-ounce can Italian plum tomatoes

1 pound of pasta, cooked al dente. (penne or fusilli or orecchiette are all good with this sauce)

1. Preheat oven to 375 degrees F. In a very large shallow ovenproof pot, heat 2 tablespoons oil over medium high heat. Season both sides of the veal bones well with salt and pepper. Put flour in a plastic bag and add veal shank bones, one at a time, shaking well so they get coated with the flour. It's sort of like making Shake 'n Bake. Add coated shank bones to the hot oil, and brown well on both sides. Do not crowd the pan. You may have to do this in two batches. This will take about 10 minutes per batch.
2. Remove shank bones to a platter and wipe out pot with paper towels, but do not wash. Add remaining oil and turn on heat to medium. Add onions, celery, carrots, red pepper, thyme and red pepper flakes. Stir well, turn down heat to low and cook for about 5 minutes. Add wine, water, chicken stock and canned plum tomatoes (including juices).

3. Cover pot and place in pre-heated oven and cook for about 1 hour. Uncover and continue cooking for another hour until meat is falling off the bone and the sauce is quite thick. Remove meat from bones, discard bones and break the meat into smaller bite sized pieces. Mix shredded veal back into the braising liquid and simmer on medium heat for about 5 more minutes, until everything is blended well.
4. Divide sauce into 3 containers. Freeze 2 of the containers for bonus dinners at a later date. The remaining sauce is enough to generously coat 1 pound of pasta.