



BRAISED OSSO BUCCO WITH WHITE POLENTA AND GREMOLATA

Brasato bucco Oso con Polenta e gremolata

Dust marrow bones with seasoned flour. Heat olive oil in a heavy oven safe pan and brown veal shanks on both sides. Remove the shanks and set aside.

In the same pan fry onions, celery and carrots until soft and caramelised. Add the bay leaves and rosemary and cook for approx 5 minutes before returning the shanks to the pan. Add the wine and cook until the alcohol has evaporated. Next add the squashed tomatoes and veal stock. Season with salt and pepper, cover then continue cooking in the oven at 160°C (mode 7) for one and half hours or until the meat begins to come away from the bone. Serve the veal shanks on white polenta then sprinkle with gremolata.

For the gremolata
Simply combine the ingredients.

For the polenta
Bring water and milk to the boil, then very carefully add the polenta flour stirring continuously with a wooden spoon so that no lumps appear. Continue stirring until you notice the polenta coming away from the side of the pan. This should take approx five minutes. Now add the butter and stir through.

- 4 pieces of veal shank, cut approx 3cm thick
- Seasoned plain flour for dusting
- 400g tin peeled tomatoes, strained
- 1ltr veal stock
- 150ml dry red wine
- 1 small carrot diced
- 1 celery stick diced
- 1 small onion diced
- 4 dry bay leaves
- 1 sprig rosemary
- Salt and pepper

Gremolata

- 4 tbsp flat leaf parsley, finely chopped
- 1 tbsp finely grated lemon zest
- 1 small garlic clove, finely chopped

Polenta

- 450ml water, seasoned with salt
- 400ml milk
- 150g instant white polenta
- 50g butter

Serves 4