

Ingredients:

4 Tbsp. butter
1-1/2 C. finely chopped onion
1/2 C. finely chopped carrots
1/2 C. finely chopped celery
1 Tsp. chopped garlic
6-7 lbs. veal shank or shin (1 piece per person) tied with string around their circumference
Salt
Freshly ground black pepper
Flour
1/2 C. olive oil
1 C. white wine
1/2 tsp. dried basil (when using fresh basil, use about 1/4 C.
1/2 tsp. dried thyme
1-28 oz. can of whole plum tomatoes (crushed by hand when adding to sauce base) 6 parsley sprigs 2 bay leaves

Gremolata (a fresh parsley, lemon peel, and garlic mixture for garnish and perk)

1 Tbsp. grated lemon peel
1 tsp. finely minced garlic
5 Tbsp. finely chopped Italian flat-leaf parsley

Mince together and store in refrigerator until ready to garnish the main dish.

Method:

Choose a heavy shallow casserole or Dutch oven that has a tight cover and is just large enough to snugly hold the pieces of veal standing up in 1 layer. Melt the butter in the casserole over moderate heat and when foam subsides, add the chopped onions, carrots, celery and garlic. Cook, stirring occasionally, for 10-15 minutes or until the vegetables are wilted and only slightly colored. Remove casserole from heat and set aside.

Season the pieces of veal with salt and pepper, then roll them in flour and shake off the excess. Use a heavy 10-12 inch skillet, heat 6 Tbsp. of olive oil until a crust forms over it. Brown the veal in the oil over moderately high heat, 4-5 pieces at a time, adding more oil if needed. Transfer the browned pieces to the casserole and stand them side by side on top of the vegetables.

Heat oven to 350. Discard almost all the fat from the skillet, leaving just a film on the bottom. Pour in the wine and boil it briskly over high heat until it is reduced to about 1/2 cup. Scrape in any browned bits clinging to the pan. Stir in the stock, basil, thyme, tomatoes, parsley spring, and bay leaves and bring to a boil. Pour over veal. The liquid should come halfway up the side of the veal; if it doesn't, add more stock. Bring the casserole to a boil on top of the stove. Cover and bake in the lower third of the oven, basting occasionally and regulating the oven heat to keep the casserole simmering gently. In about 1-1/2 hours, veal should be tender. Test it by piercing the meat with the tip of a sharp knife. To serve, arrange the pieces of veal on a platter and spoon the sauce and vegetable from the casserole around them. Sprinkle the top with gremolata and serve with risotto Milanese and your favorite green vegetable.

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