




Veal shank with gremolata dressing






A typical traditional recipe from Ticino reworked by SSSAT (Swiss Italian Tourism and Hotel Management School of Bellinzona).

Preparation

	Time required	approx. 120 minutes
	Difficulty	Average - For amateurs
	Portion size	4 people

Features

	Dish	Meat - Veal shanks
	Typical product	Veal - 0 km
	Suitable in	Winter - Lunches in company

INGREDIENTS

Veal shanks

- 880 g veal shanks
- 8 g seasoning (salt and pepper)
- 10 g plain flour
- 40 ml peanut oil
- 72 g onions
- 4 g garlic
- 64 g carrots
- 42 g celeriac
- 54 g leeks
- 28 g tomato flesh
- 4 g fresh sage
- 4 g oregano
- 80 ml white wine for cooking
- 600 ml clear stock
- 60 g seedless peeled tomatoes

Dressing

- 3.8 g garlic
- Lemons (a few pieces of rind)
- 8 g flat-leaf parsley

Veal shanks

Plating up

PREPARATION

1. Score the skin of the veal shanks;
2. Peel and finely chop the onions and garlic (without the germ);
3. Wash, peel and chop the carrots, celeriac and leeks into small cubes (brunoise);
4. Peel, remove the seeds and dice the tomatoes (concassé);
5. Finely chop the garlic, lemon rind and parsley for the "gremolata";
6. Wash the herbs, remove the leaves and chop them;
7. Season the meat and dust lightly with the flour;
8. Heat the oil in a bratt pan;
9. Brown the veal shanks on both sides;
10. Remove from the pan and eliminate the excess oil;
11. Add the onions and chopped vegetables and soften them;
12. Add the tomato flesh and leave it to cook for a short time;
13. Replace the meat and add the garlic;
14. Deglaze with the white wine, add the spices, leave it to reduce and glaze;
15. Add the stock until it covers the meat;
16. Cover and braise, turning and basting the veal shanks from time to time;
17. When the meat is almost cooked, add the diced tomato;
18. Reduce if necessary and bind the sauce slightly;
19. Season to taste.

Serve the veal shank covered with the sauce and drizzled with the gremolata dressing.