



Total Time
280 MIN.

Serving Size
1 SHANK

Difficulty
EASY

Yields
12

A classic braised osso buco is always a comforting dish on a menu. This one is served over soft and creamy polenta for a rustic, home-style flavour and presentation.



Tip

- Alternatively, prepare Herbed Polenta with instant polenta, making one serving to order.

- Osso Buco can be made in advance and refrigerated for up to 2 days before service.

Tips:

INGREDIENTS

WEIGHT

MEASURE

veal shanks	12 (4 lb)	12 (1.8 kg)
salt and pepper, each	1 tsp	5 mL
olive oil	1/4 cup	60 mL
unsalted butter	1/4 cup	60 mL
onions, diced	2 (3 cups)	2 (10 1/2oz)
carrots, diced	4 (3 1/2 cups)	4 (1.1 lb)
stalks celery, chopped	4 (3 cups)	4 (12.1)oz
all-purpose flour	1/4 cup	60 mL
tomato paste	1/4 cup	60 mL
dry red wine	2 cups	500 mL
Campbell's Signature Condensed French Onion	1/2 tub (2 lb)	1 tub (905g)
water	4 cups	1 L
bay leaves	4	4
water	16 cups	4 L
salt	1 tbsp	15 mL
medium or finely ground cornmeal	4 cups	1 L
chopped fresh chives	3/4 cup	175 mL
dried oregano	2 tsp	10 mL
lemon zest	3 tbsp	45 mL
minced garlic	3 tbsp	45 mL
milk	3 cups	750 mL
unsalted butter	3/4 cup	175 mL



grated Parmesan cheese	3/4 cup	175 mL
chopped fresh parsley	3/4 cup	175 mL

INSTRUCTIONS

1. Preheat oven to 350°F (180°C). Meanwhile, season veal shanks with salt and pepper. Heat oil in large rondeau set over medium heat; cook shanks for about 10 minutes or until browned all over. Transfer to full hotel pan (4 inches/10 cm deep).
2. Melt butter in rondeau; cook onions, carrots and celery for about 5 minutes or until starting to soften. Sprinkle flour over top; cook, stirring, for 5 minutes. Stir in tomato paste; cook for 2 minutes. Stir in wine; bring to boil. Cook for 5 minutes. Stir in soup and water; bring to boil. Pour over veal shanks. Add bay leaves; cover with foil. Roast in oven for 2 1/2 to 3 hours or until meat is very tender. Remove bay leaves.
3. In large pot, bring water and salt to boil. Add cornmeal, a little at a time, whisking constantly (whisking will help eliminate lumps). Reduce heat to medium-low; cook polenta, stirring frequently, for 25 to 35 minutes or until thickened, adding a bit of water if too thick. Stir in chives and oregano.

Ossobuco: Reheat veal shank with 1 cup (250 mL/6.7 oz) sauce in saucepan set over medium heat for about 10 minutes or until simmering and heated through. Stir in 1/4 tsp (5 mL) lemon zest and 1/4 tsp (5 mL) minced garlic.

Herbed Polenta: Heat 1/4 cup (60 mL) milk and 1 tbsp (15 mL) butter in saucepan set over medium heat until steaming. Stir in 1 cup (250 mL/4 oz) polenta and cook for about 2 minutes or until heated through, adding a bit of water if too thick. Stir in 1 tbsp (15 mL/0.1 oz) Parmesan cheese.

Serve veal shank over polenta; garnish with 1 tbsp (15 mL) parsley.