



Braised Veal Shanks

 Dairy Free

READY IN



1500 min.

SERVINGS



8

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 fillet anchovy dry rinsed finely chopped
- ☐ 1.3 teaspoons pepper black
- ☐ 28 oz frangelico whole chopped canned (including juice)
- ☐ 1 cup wine dry white
- ☐ 0.8 cup flour all-purpose
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 1 large garlic clove minced
- ☐ 4 large garlic clove finely chopped

- ☐ 1 teaspoon lemon zest fresh finely grated
- ☐ 6 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 cups onion chopped
- ☐ 1 teaspoon orange zest fresh finely grated
- ☐ 3.5 teaspoons salt
- ☐ 2 turkish bay leaf
- ☐ 12 oz veal shanks thick (also known as ossobuco; each)
- ☐ 1 cup water

Equipment

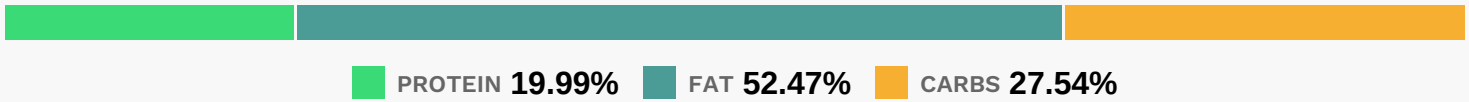
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil
- ☐ wax paper
- ☐ tongs

Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F.
- ☐ Pat shanks dry. Stir together flour, 2 teaspoons salt, and 1 teaspoon pepper on a sheet of wax paper.
- ☐ Heat 2 tablespoons oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking. While oil heats, dredge 4 shanks in flour mixture, shaking off excess. Brown shanks in oil on all sides, turning with tongs, about 8 to 10 minutes.
- ☐ Transfer to a large (17- by 12- by 2-inch) roasting pan.
- ☐ Add 2 tablespoons oil to skillet and repeat with remaining 4 shanks. Discard remaining flour mixture.
- ☐ Add remaining 2 tablespoons oil to skillet and cook onion, garlic, anchovies, bay leaves, 1/2 teaspoon salt, and remaining 1/4 teaspoon pepper over moderate heat, stirring occasionally, until onion is softened, 6 to 8 minutes.

- ☐
- Add wine and boil, scraping up any brown bits, until reduced by half, about 2 minutes. Stir in tomatoes, water, zest strips, and remaining teaspoon salt and bring to a boil, then pour mixture over shanks. Tightly cover pan with foil and braise in oven 1 hour. Turn shanks over, cover, and continue to braise until meat is very tender, about 1 1/2 hours more.
- ☐
- Remove from oven and skim fat from surface of sauce, then transfer shanks and sauce to a large platter. Discard bay leaves.
- ☐
- Stir together parsley, grated zests, and garlic and sprinkle over shanks.
- ☐
- Veal shanks can be braised 2 days ahead and cooled in sauce, uncovered, then chilled, covered. Reheat in a 425°F oven, about 40 minutes.· If making pastitsio, reserve 4 braised shanks, 4 cups of sauce, and half of gremolata.
- ☐
- Cut meat for pastitsio into 1-inch pieces and stir into reserved sauce with gremolata. Cool, uncovered, then chill, covered.

Nutrition Facts



Properties

Glycemic Index:30.13, Glycemic Load:7.64, Inflammation Score:-6, Nutrition Score:9.835217434427%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg

Nutrients (% of daily need)

Calories: 232.1kcal (11.6%), Fat: 12.29g (18.91%), Saturated Fat: 1.98g (12.35%), Carbohydrates: 14.52g (4.84%), Net Carbohydrates: 13.28g (4.83%), Sugar: 2.06g (2.29%), Cholesterol: 33.39mg (11.13%), Sodium: 1062.2mg (46.18%), Alcohol: 3.09g (100%), Alcohol %: 1.43% (100%), Protein: 10.54g (21.08%), Vitamin K: 37.93µg (36.13%), Vitamin B3: 4.34mg (21.69%), Vitamin B6: 0.28mg (14.24%), Zinc: 1.98mg (13.19%), Manganese: 0.25mg (12.55%), Selenium: 8.77µg (12.52%), Phosphorus: 119.79mg (11.98%), Vitamin B2: 0.2mg (11.68%), Vitamin E: 1.56mg (10.41%), Vitamin B1: 0.15mg (10.2%), Vitamin B12: 0.59µg (9.9%), Folate: 39.06µg (9.77%), Vitamin C: 6.71mg (8.14%), Iron: 1.37mg (7.63%), Potassium: 258.78mg (7.39%), Vitamin B5: 0.7mg (7.04%), Magnesium: 21.92mg (5.48%), Fiber: 1.24g

(4.95%), Copper: 0.09mg (4.45%), Calcium: 35.77mg (3.58%), Vitamin A: 164.6IU (3.29%)