



Braised Veal Shanks with Green Olives and Capers

READY IN



45 min.

SERVINGS



6

CALORIES



610 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 tablespoons capers drained
- 1 tablespoon lemon zest freshly grated
- 1.5 teaspoons garlic minced to taste
- 0.3 cup parsley fresh finely chopped
- 1 fillet anchovy chopped
- 1 medium onion halved lengthwise sliced thin
- 1 tablespoon butter unsalted
- 1.5 cups wine dry white

- 2 tablespoons olive oil
- 6 servings flour all-purpose for dredging
- 6 servings caper dried
- 0.8 cup oil-cured olives green rinsed well (preferably cracked)
- 6 servings caper drained
- 1.5 cups chicken broth
- 5 pounds veal shanks with kitchen string to keep meat attached to bone 2-inch-thick (6 to 8 shanks)
- 2 large garlic clove minced
- 1 tablespoon rosemary leaves dried fresh crumbled finely chopped

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- oven
- knife
- sieve
- roasting pan
- aluminum foil
- measuring cup
- slotted spoon

Directions

- Preheat oven to 425°F.
- Pit 1/4 cup olives and chop fine. Lightly crush remaining 1/2 cup olives with side of a large knife.
- Pat veal shanks dry between paper towels and season with salt and pepper. Dredge top and bottom (not side) of each shank in flour, knocking off excess. In a 12-inch heavy skillet heat 1

tablespoon oil and butter over moderately high heat until foam subsides and brown tops and bottoms of shanks in batches, about 2 minutes on each side.

- Transfer shanks as browned to a flameproof roasting pan.
- Wipe out skillet and add remaining tablespoon oil.
- Heat oil over moderate heat until hot but not smoking and cook onion, stirring, until golden.
- Add garlic and anchovy and cook, stirring, 1 minute.
- Add chopped olives, zest, capers, rosemary, and wine and boil 5 minutes.
- Add broth and crushed olives and bring to a boil.
- Pour broth mixture over shanks and cover tightly with foil. Braise shanks in oven 2 hours, or until meat is tender. Shanks may be prepared up to this point 2 days ahead and cooled, uncovered, before chilling, covered. Reheat shanks before proceeding.
- Reduce oven temperature to 325°F.
- Transfer shanks with a slotted spoon to another roasting pan or deep oven proof platter and keep warm, covered, in oven. Strain cooking liquid through a sieve into a 1-quart glass measuring cup and reserve solids, discarding zest.
- Let liquid stand until fat rises to top and skim and discard fat. (There should be about 1 1/2 cups liquid. If necessary, in a saucepan boil liquid until it is reduced.)
- Add reserved solids to liquid and pour over shanks.
- Serve shanks sprinkled with gremolata and garnished with caper berries.
- In a small bowl toss all ingredients together well. Makes about 1/3 cup.

Nutrition Facts

 **PROTEIN 54.4%**  **FAT 37.2%**  **CARBS 8.4%**

Properties

Glycemic Index:34.83, Glycemic Load:4.94, Inflammation Score:-7, Nutrition Score:37.416956652118%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 5.39mg, Apigenin:

5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg
Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 8.05mg,
Kaempferol: 8.05mg, Kaempferol: 8.05mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin:
0.41mg, Myricetin: 0.41mg Quercetin: 14.14mg, Quercetin: 14.14mg, Quercetin: 14.14mg, Quercetin: 14.14mg

Nutrients (% of daily need)

Calories: 609.53kcal (30.48%), Fat: 22.88g (35.19%), Saturated Fat: 6.35g (39.71%), Carbohydrates: 11.61g (3.87%),
Net Carbohydrates: 10.08g (3.66%), Sugar: 1.65g (1.83%), Cholesterol: 288.91mg (96.3%), Sodium: 771.38mg
(33.54%), Alcohol: 6.18g (100%), Alcohol %: 1.4% (100%), Protein: 75.27g (150.53%), Vitamin B3: 29.75mg (148.77%),
Zinc: 15.39mg (102.59%), Vitamin B6: 1.75mg (87.37%), Vitamin B12: 5.21µg (86.8%), Phosphorus: 771.35mg (77.13%),
Vitamin B2: 1.1mg (64.67%), Vitamin B5: 5mg (50.01%), Selenium: 33.3µg (47.58%), Vitamin K: 46.05µg (43.86%),
Potassium: 1352.37mg (38.64%), Vitamin B1: 0.38mg (25.36%), Magnesium: 95.75mg (23.94%), Iron: 3.99mg
(22.17%), Folate: 80.87µg (20.22%), Copper: 0.39mg (19.28%), Calcium: 110.48mg (11.05%), Manganese: 0.22mg
(11.04%), Vitamin E: 1.46mg (9.71%), Vitamin C: 6.85mg (8.3%), Vitamin A: 354.61IU (7.09%), Fiber: 1.54g (6.14%)