

DINNER

Braised Veal Shanks with Polenta

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
104 min	9 min	95 min	4	\$6.90	469 kcal

Braised Veal Shanks with Polenta could be just the dairy free recipe you've been looking for. This recipe serves 4. For \$6.9 per serving, this recipe covers 32% of your daily requirements of vitamins and minerals. This main course has 469 calories, 49g of protein, and 13g of fat per serving.

Ingredients

☐ 1 teaspoon black pepper	☐ 1 teaspoon dried basil
☐ 1 teaspoon dried rosemary	☐ 1 teaspoon dried thyme
☐ ¼ cup dry red wine	☐ ¼ cup all-purpose flour
☐ 3 tablespoons chopped fresh parsley	☐ 4 garlic cloves, minced
☐ 1 teaspoon grated lemon rind	☐ 1 cup low-salt beef broth
☐ 1 tablespoon olive oil	☐ 1 large onion, coarsely chopped
☐ 1 teaspoon salt, divided	☐ 4 veal shanks (1 1/2 inches thick), about 2 pounds
☐ 2¾ cups water	☐ ¾ cup yellow cornmeal

EQUIPMENT Bowl, Frying pan, Oven, Ziploc bags, Wax paper, Microwave, Dutch oven

Method

- 1 Preheat oven to 35

- 2 Trim fat from veal.
- 3 Combine flour, 1/2 teaspoon salt, and next 4 ingredients in a heavy-duty zip-top plastic bag.
- 4 Add 1 shank at a time to bag; shake to coat with flour mixture. Reserve flour mixture in bag.
- 5 Heat oil in a Dutch oven over medium heat.
- 6 Add veal and cook 5 minutes on each side or until browned.
- 7 Transfer veal to a plate.
- 8 Add onion and garlic to pan; saut until tender.
- 9 Sprinkle onion mixture with reserved flour mixture. Cook 30 seconds, stirring constantly.
- 10 Add beef broth and wine; bring to a boil. Return veal to pan; cover and bake at 350 for 1 hour and 15 minutes or until veal is tender.
- 11 Remove veal from oven; let stand, covered, 10 minutes.
- 12 While veal is standing, combine water, cornmeal, and remaining 1/2 teaspoon salt in a large microwave-safe bowl. Stir, cover with wax paper, and microwave at HIGH 5 minutes. Stir, cover, and continue to cook at HIGH 4 minutes or until polenta is very thick. Divide polenta evenly among 4 serving plates. Spoon off and discard fat from veal juices.
- 13 Place veal over polenta; spoon juices over veal and polenta.
- 14 Combine parsley and lemon rind; sprinkle over veal.

Nutrition per serving

	469 KCAL	49 g PROTEIN	13 g FAT	33 g CARBS
Saturated Fat				3.3 g · 21% of daily needs
Fibre				4.2 g · 17% of daily needs
Sugar				2.2 g · 2% of daily needs
Sodium				1,008 mg · 44% of daily needs
Cholesterol				170 mg · 57% of daily needs
Vitamin C				8.5 mg · 10% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/braised-veal-shanks-with-polenta-148445