

# RECIPE



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## VEAL OSSO BUCO OVEN BAKED

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Prep	30 minutes
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Cook	60 minutes
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Serves	4
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Need	1 frying pan 1 cast iron fondue pot (for 6) or a saucepan 1 knife 1 peeler
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## INGREDIENTS (FOR 4)

- 2 carrots
- 1/4 celery
- 1 leek
- Parsley
- 2 bay leaves
- Salt and pepper
- 1 onion
- 1/2 garlic clove
- 40g tomato paste
- 25cl red wine
- 15g flour
- Oil
- 4 pieces of veal shank  
(approx. 220 per piece)



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### Restaurant Le Pérolles

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## PREPARATION

- 1** Preheat the oven to 200 degrees.  
Wash, peel and cut the vegetables.  
Take out the onion sprout.

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- 2** Salt and pepper the veal shanks.  
Roast them in the heated frying pan with colza or peanut oil until brown  
Take out the pieces and put to side.

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- 3** Remove grease from the pan and reduce stove heat by half, sweat the carrots and celery.  
Add onions cut in half flat face down in the pan to caramelize them.

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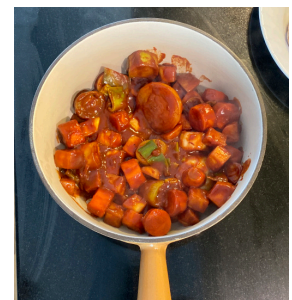
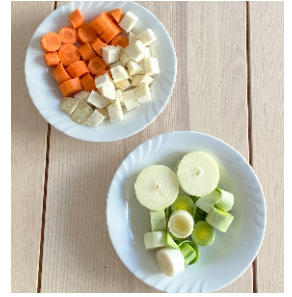
- 4** Once everything is nice and brown, add the leek and tomato paste, mix together and let it cook for 3 minutes.  
Then, add flour and stir. Add the red wine and reduce by half until you get a thick sauce.

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- 5** Pour the contents of the pan into the caquelon.  
Add the garlic and place the shanks on top.  
Add 4dl of water.  
Add parsley and bay leaves and bring it all to a boil.

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- 6** Put it in the oven for 1 hour.  
Remember to occasionally stir and turn the meat.  
Check that the meat is tender.



## ENJOY YOUR MEAL

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