

PAN ROASTED CALVADOS VEAL SHANKS

F MEDIUM

Last Modified: 09/27/2014

PREP: 25 Min
COOK: 2 Hrs
OVEN: 350

BEEF-VEAL

MAKES 4 To 6 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
8	Center Cut	Osso Bucco Veal Shanks	1 1/2" Thick
2	Cups	All Purpose Flour	
5	Tbsp	Unsalted Butter	
2	Tbsp	Extra Virgin Olive Oil (EVOO)	
7	Large	Shallots	Minced
2	Medium	Granny Smith Apples (Cored & Peeled)	Thin Sliced
2	Cups	Fresh Apple Cider	
1/2	Cup	Calvados Brandy (French)	
SUBSTITUTE ONLY IF YOU CANNOT FIND CALVADOS			
1/2	Cup	Apple Jack Brandy	
1/2	Cup	Cider Vinegar (Heinz)	
1	Cup	Chicken Stock (Swanson)	
1	Cup	Heavy Cream	
3	Tbsp	Fresh Tarragon Leaves	Minced
1/2	Cup	Dried Zante Currants	
1 +/-	Pinches	Sea Salt (Divided)	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper (Divided)	To Taste

PREPARATION

FACTOID	This dish is well worth the trip, even with the search necessary to find ALL of the ingredients. You CAN substitute Beef Shanks, but you will end up with a stronger flavored meal that will completely overshadow all of the other subtle flavor layers.
FACTOID	Ask your favorite Butcher for Center Cut Veal Shanks (Osso Bucco) that are all approximately 1 1/2" in thickness (See Pictures).
OPTION	This recipe works almost as well using a boneless Pork Loin cut into 1 1/2" thick Steaks (Fat layer left on).
TOOLS	1) Dutch Oven & Lid 2) Pie Tin
PREP	DISH 1) Mince the Shallots and set them aside. 2) Mince the Tarragon Leaves and set them aside. 3) Core, peel and thinly slice the Apples and set them aside. 4) Preheat the oven to 350 degrees with a rack just below center.
1	HEAVILY season the Flour in a pie tin with Sea Salt and Fresh Ground Black Pepper. Dredge the Veal Shanks in the Seasoned Flour, tap each lightly to remove any excess.
2	In a dutch oven over high heat, add in the Olive Oil and heat until it just begins to shimmer. Add in the Butter. As soon as the Butter melts, add in the Shanks and HEAVILY Brown them, turning a couple of times, this will take 12 to 15 minutes, you want a really thick crust on the Meat (See Picture). Lower the heat to medium and continue cooking for 5 minutes more, turning frequently to cook evenly. DO NOT ALLOW THEM TO SCORCH.

PAN ROASTED CALVADOS VEAL SHANKS

3	Remove the Meat and set it aside. Add in the Shallots and Apples. When softened, add in the Cider, Calvados and Vinegar. Let it come to a low boil and reduce the liquid by 40 to 50 percent. Then add in the Chicken Stock and bring it back up to a low boil. Return the Meat to the dutch oven and cover.
4	Place the dutch oven in the oven for 90 minutes, leave the lid tilted slightly ajar to allow steam to escape and the liquid to reduce even further. When the cooking time in the oven is over, remove from the oven and skim off any Fat floating on top if needed. Test the Meat to make sure it's fork tender. If it's not, stick it back in the oven for a bit more.
5	Place the dutch oven uncovered back over medium low heat on the stovetop. Add in the Cream and Tarragon. Cook for 5 more minutes to finish cooking and thicken the sauce to a rich consistency.
6	Add in the Currants and correct the seasoning using Sea Salt and then correcting to taste for Vinegar. You may want to add a bit more for a little more acidic punch.
SERVE	Serve while hot along with a Recipe: Pasta - Buttered Noodles cooked al dente to allow them to soak up a few flavorful juices.