

Lori launches search to find great veal shanks

Welcome to 2008! I had the greatest afternoon when planning this ossobuco story to tell you. I decided last week that since Gerry and I have been mulling over the idea of making ossobuco for the newspaper recipe, I would make it now.

Lori Gysel & Gerry Kentner



So, I was kind of surprised. But then I remembered that the last time I needed veal shanks, this was the woman who sold them to me and she is a regular reader of our column. Unfortunately, I have forgotten her name, so my apologies for not addressing you in person.

We chatted for a moment and I told her that I was looking for their wonderful veal shanks again. They had a beautiful looking meat counter and they had both milk-fed and grain-fed veal available. But no shanks! Oh no!

I asked if they had any that were not on display. The lovely nameless lady said she would ask the butcher. In the process of asking him, she mentioned that if the veal was really good, it might make it into our column in the paper (I never mentioned the paper; that was her idea to tell him).

That is when I got to meet Carlos. Carlos said, "No problem". He turns to a huge leg of veal that is hanging directly behind him and starts carving off hunks of meat. I am intrigued and start asking him questions about what he is doing and why. Next thing I know, he invites me behind the counter and gives me a whole lesson on the anatomy of a calf. He shows me how he is carving it up, where the tenderloin is, the top sirloin and all the other cuts found from the hip down.

Once he gets to the shank (which is the equivalent of a shin), he brings the

whole piece over to the somewhat frightening-looking band saw that they use to cut meat. He shows me how it works, asks me how thick I want my shanks—the whole bit. It was great fun! So thank you to Carlos and his great assistant.

I trotted off home, very pleased with my purchase. Cooked up my ossobuco and here it is for you today. If you are trying it for the first time, don't miss out on eating the marrow in the centre of the bone—this is the biggest delicacy of the whole meal. Spread it thickly on a small piece of fresh bread, sprinkle on a little salt and pepper and enjoy!

Have fun and keep cooking!

(Lori and Gerry can be reached at whatscookin@independentfreepress.com)

This dish is a particular favourite of the men in my life—my husband, my boys, my Dad, Paul, John, Dick—and the women are pretty fond of it too. But I always think of it as a manly dish, because when served, it is basically a giant hunk of meat on your plate with lovely trimmings and sauce.

So, off I go on my hunt for veal shanks. I went to two local supermarkets and one local butcher. No luck. Perhaps I should have had better luck if I had ordered them in advance—I'll try that next time.

Next I head over to Fortino's in Brampton (the one just east of Norval on Bovaird). I'm not really supposed to use names of stores in this column, but this store has always had them when I needed them—whereas no other store has. Anyhow, I trot on up to the meat counter and this lovely woman behind the counter says "Lori!".

Now, my family has been in Georgetown for generations, so I'm used to knowing lots of people within the boundaries of Halton Hills, but when I cross over that invisible line into Peel, I'm just one of the crowd.

Ossobuco

Serves 6

Ingredients

- 1/4 cup olive oil
- 6 pieces veal shank (1 1/4 to 2 inches thick)
- all purpose flour for dusting
- 1 large Spanish onion, finely chopped
- 2-3 carrots (depending on size), finely chopped
- 2 celery stalks
- 3 cloves garlic, finely chopped
- zest of 1 lemon
- 1 can (28 oz.) diced tomatoes
- 2 cups dry white wine
- 1/4 cup chopped fresh parsley
- 1/2 tsp dried thyme
- 1 bay leaf
- salt and pepper
- kitchen string is also needed



onions, carrots and celery. Cook, stirring occasionally until onions are translucent and vegetables begin to soften, about 5 to 8 minutes.

6. Add the garlic and lemon zest. Cook for two more minutes.

7. Add the tomatoes with the juices, wine, thyme and bay leaf. Bring the mixture to a boil. Add the veal and turn them over in the sauce.

8. Cover the pan with a piece of foil or a lid. Place in a preheated 350 degree oven for approximately two hours or until meat is tender. Check often to ensure that meat is covered in juices and not exposed. If more liquid is needed, add more wine or water.

9. Remove the veal to warmed serving plates. Carefully remove the string—be very gentle with the veal so as not to disturb the marrow inside the bones (this is the delicacy of the dish).

10. If the sauce is not quite thick enough, then place it back on the heat and reduce the sauce until thickened slightly.

11. Pour the sauce over the veal and serve with cannellini beans, risotto or mashed potatoes.

Method

1. Tie the pieces of veal around the middle with string.
2. Heat half of the oil in a large, flat Dutch oven or frying pan.
3. Season each piece of veal with salt and pepper on both sides. Dust each piece lightly with flour on both sides and shake off any excess flour.
4. Brown the veal on both sides. Do not crowd the pan—you may have to do them in batches. When they are well browned, remove from the pan and set aside.
5. Using the same pan (unless you scorched it—then you need to use a new pan) add the rest of the oil. Add



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Qualified candidates may submit a detailed resume in confidence to the undersigned by 4:30 p.m., Friday, January 25, 2008. Please quote Posting No. 200801 on your resume.

Ms. Jackie Kerr
Manager of Human Resources
Town of Halton Hills
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Halton Hills, ON L7G 5G2
Fax: (905) 873-1431
humanresources@haltonhills.ca

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				4	5		2	
		5				9	8	
8				3				5
		3		9	2	8	5	
		4				1		
	9	2	1	8		4		
4				6				9
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Enter digits from 1 to 9 into the blank spaces.

Every row must contain one of each digit.

So must every column, as must every 3x3 square.

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