

Veal or Pork Shank with Polenta (Osso Buco con Polenta)

This recipe is great for the meat lovers out there, and it's perfect with either a side of risotto, or the way I like to serve it, with a side of homemade polenta. Osso Buco means "bone with a hole" and it refers to the marrow at the center of the cut

Ingredients

4 veal or pork shanks (2 inches thick)
Salt to taste
Flour for dredging
1/2 cup olive oil
1 cup diced red onion
1 cup diced carrots
1 cup diced celery
1 can (14 1/2-oz) whole tomatoes, including liquid
1 tablespoon chopped fresh rosemary
Water
Pepper to taste
Easy Polenta

Easy Polenta:

6 cups chicken stock
2 cups instant polenta
1/4 lb bacon, chopped and cooked crisp
1 tablespoon chopped garlic
Salt and pepper to taste
1 tablespoon chopped fresh sage

Method

Preheat electric oven to 325°F. Season the shanks with salt; lightly dredge in flour. In a heavy covered skillet or Dutch oven, heat olive oil. Add shanks and brown on all sides until golden brown. Remove shanks and drain excess oil. In the same skillet, add the onion, carrots, and celery; sauté for a few minutes. Add the tomatoes, including liquid, and rosemary. Return the shanks to the skillet and add water to barely cover the shanks. Cover and bake in the oven for 2 hours, or until shanks are tender. Remove the shanks from the skillet; set aside and keep warm. Return skillet to cooktop and simmer the sauce, uncovered, until liquid is reduced and the sauce is slightly thickened. Season with salt and pepper. To serve, spoon Easy Polenta on a large serving dish; top with shanks and sauce; serve extra sauce on the side. Makes 4 servings.

Easy Polenta:

In a medium saucepan, bring the chicken stock to a boil; add the polenta while slowly mixing with a wire whisk. Add the bacon, garlic, salt, pepper, and sage. Simmer for 5 to 7 minutes, or until thickened. Makes 4 servings.

