

BRAISED VEAL SHANK AND POLENTA

EQUIPMENT

LARGE CASSEROLE DISH OR DUTCH OVEN, CHEF KNIFE, SMALL SAUCEPAN, MIXING BOWLS, WHISK, WOODEN SPOON, SPOONS, GRATER, TONGS, PAPER TOWEL, FINE MESH SIEVE, LADLE

INGREDIENTS

1 VEAL SHANK, 1 SLICED BROWN ONION, 4 FINELY SLICED CLOVES GARLIC, 5 SPRIGS THYME, 150GM INSTANT POLENTA, 150GM WATER, 150GM MILK, 60GM BUTTER, 4-6 CHERRY TOMATOES, 15 LEAVES PARSLEY, SALT, GROUND WHITE PEPPER, 30GM PLAIN FLOUR, 1.5KG CHICKEN STOCK, 150GM WHITE WINE, EXTRA VIRGIN OLIVE OIL, GARLIC INFUSED EXTRA VIRGIN OLIVE OIL

METHOD

IN A FLAT TRAY OR A DINNER PLATE PLACE THE FLOUR AND SEASON GENEROUSLY WITH SALT AND PEPPER. COAT THE VEAL SHANK ON ALL SIDES WITH THE FLOUR AND SHAKE OFF ANY EXCESS.

PLACE THE DUTCH OVEN OR CASSEROLE DISH OVER MEDIUM/LOW HEAT ON THE STOVETOP AND ADD A SPLASH OF EVOO, ONCE HOT ADD THE VEAL SHANK AND SEAR ON ALL SIDES UNTIL GOLDEN.

ONCE SEALED REMOVE THE SHANK AND SET ASIDE, WIPE OUT THE POT AND ADD A LITTLE EXTRA EVOO AND RETURN TO THE STOVE TOP. ADD THE SLICED ONIONS AND SWEAT OVER MEDIUM HEAT FOR 2-3 MINUTES.

ADD THE GARLIC TO THE POT AND SAUTÉ FOR A FURTHER 1-2 MINUTES, ADD THE THYME AND WHITE WINE AND BRING TO THE BOIL. REDUCE THE WINE BY $\frac{3}{4}$ THEN ADD THE STOCK AND BRING BACK UP TO THE BOIL.

ONCE BOILED PLACE THE SHANK IN THE POT AND COVER THE POT WITH A SHEET OF BAKING PAPER, PLACE INTO A PRE-HEATED OVEN COMBI SETTING 150°C FOR 130 MINUTES

WHILE THE SHANK COOKS CUT THE TOMATOES INTO QUARTERS AND PLACE INTO A SMALL MIXING BOWL WITH THE PARSLEY LEAVES.

ONCE THE SHANK IS COOKED REMOVE THE POT FROM THE OVEN AND REMOVE THE SHANK. PASS THE COOKING STOCK THROUGH A SIEVE AND LET THE STOCK STAND FOR 5 MINUTES. THE FAT IN THE STOCK WILL RISE TO THE SURFACE AND AT THIS POINT USING A LADLE SCOOP AWAY THE FAT AND DISCARD.

RETURN THE STOCK TO THE POT AND PLACE BACK OVER THE MEDIUM HEAT TO REDUCE BY AT LEAST HALF.

WHILE THE SAUCE REDUCES POUR THE MILK AND WATER INTO ANOTHER POT AND SEASON WITH SALT AND PEPPER AND BRING TO THE BOIL.

AS THE MILK IS COMING UP TO TEMPERATURE REMOVE THE MEAT FROM THE SHANK BONE, TRY TO KEEP THE MEAT IN LARGE CHUNKS AND SET ASIDE.

ONCE THE COOKING STOCK HAS REDUCED ADD THE CHUNKS OF SHANK MEAT TO THE STOCK AND TURN THE HEAT DOWN TO LOW TEMPERATURE.

ONCE THE MILK HAS BOILED ADD THE POLENTA AND WHISK FOR 2 MINUTES OVER LOW HEAT UNTIL SMOOTH AND REMOVE FROM THE HEAT. REMOVE THE SHANK MEAT AT THE SAME TIME. ADD 50GM OF BUTTER TO THE POLENTA WITH THE PARMESAN CHEESE AND MIX THROUGH. ADD THE REMAINING BUTTER TO THE SHANK MEAT.

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POUR A POOL OF POLENTA INTO THE BOTTOM OF SHALLOW SERVING BOWLS, STIR THROUGH THE BUTTER IN THE SHANK POT AND SPOON OUT THE MEAT ON TOP OF THE POLENTA WITH A GENEROUS AMOUNT OF SAUCE.

TO FINISH SEASON THE TOMATO AND PARSLEY SALAD WITH SALT AND DRESS WITH GARLIC INFUSED EVOO, TOP THE SHANK MEAT WITH THE SALAD AND SERVE.

HINTS & TIPS

- ALTHOUGH NOT AVAILABLE ALL YEAR VEAL IS EXCELLENT IF COOKED PROPERLY. ASK YOUR BUTCHER AS THEY SOMETIMES HAVE VEAL SHANKS HIDING IN THEIR FREEZER.
- ONE VEAL SHANK IS GENERALLY ENOUGH FOR TWO SERVES. THIS MAKES IT VERY ECONOMICAL FOR A DINNER OR LUNCH. VEAL SHANKS SHOULD NOT COST ANY MORE THAN \$6-\$8 EACH