

Osso Buco

Ingredients

4 (900g) veal shanks

2 tbsp plain flour

1 tbsp olive oil

2 medium red onions, coarsely chopped

2 garlic cloves, crushed

3 medium carrots, thickly sliced

2 sticks celery, thickly sliced

410g can crushed tomatoes

2/3 cup (165ml) dry white wine

1 cup (250ml) beef stock

2 tsp dried Italian herbs

2 tbsp tomato paste

Place veal and flour in a bowl. Toss to coat.

Heat oil in a frying pan over medium-high heat.

Cook meat for 5 minutes each side until browned. Transfer to a plate.

Add onion, garlic, carrot and celery to pan. Cook, stirring for 3-5 minutes or until vegetables start to brown. Transfer to bowl of slow cooker.

Add meat. Pour over combined tomatoes, wine, stock, herbs and tomato paste.

Season to taste.

Turn slow cooker onto low and cook, covered for 6-7 hours.