

Osso Bucco stuffed herb crusted veal chop over porcini and white truffle risotto with Brunello de Montalcino sauce

**Finalist in the Le Québécois Grain-fed Veal 2008 Recipe Contest*



by Philip Kane, Chef de Cuisine
The Colony Bay Club, Bonita Springs, FL

Veal Chop: 1 portion recipe

Ingredients:

- 1 center cut Le Québécois Grain-fed Veal chop
- 1 cross cut Le Québécois Grain-fed Veal shank
- 1 12in by 4in piece of caul fat
- 2 oz extra virgin olive oil
- 1 peeled carrot (chopped)
- 2 washed celery stalks (chopped)
- 1 sweet onion (chopped)
- 1 large leek (chopped and washed)
- 2 cloves of garlic (peeled)
- 1 sprig of rosemary
- 1 large sprig of thyme
- 1 bottle of Brunello de Montalcino
- 1 qt veal stock
- Extra course sea salt and freshly cracked pepper
- Fresh chervil and fresh chives



For 134 more professionally developed grain-fed veal recipes: www.grainveal.com/recipes

Procedure:

In a 10in sauce pan, heat the olive oil until it smokes. Then season the veal shank and place one side of it in the hot oil. When it reaches a rich brown color turn it over and repeat on the other side, be careful with your heat, you don't want to burn the fond. Next remove the shank and add the carrot, celery, leek, garlic, and onion to the pan and gently sauté until lightly caramelized. Then add half of the Brunello and all of the veal stock, put the shank back in the pan and cover it with a lid or tin foil, cook until the shank is fork tender all the way through.

When the shank is done remove it from the braising liquid and cool it in the fridge, keep reducing the liquid about 2/3 then strain through a cheese cloth lined chinois. When the shank has cooled, shred the meat with your fingers in medium size pieces and place in a mixing bowl then scoop out the bone marrow and mix it into the shredded veal gently (don't tear up what you have shredded) and season to taste. Next pick the herbs from their stem and chop them. In a mixing bowl, mix the chopped herbs with extra course sea salt and fresh cracked pepper.

Then take the veal chop and scrub the bone with steel wool removing any connective tissue. Then lightly pound the chop to about 1/2 inch in thickness. Next take your shredded veal mixture and place it in the center of the veal chop and roll it up then wrap it with the cual fat keeping the bone in a vertical position, it should go around twice. Then in a hot sauté pan sear the chop until golden brown and the fat is crisp. Now crust the chop with your herb mixture and Place in a 350 degree oven to finish.

When the veal comes out place it on a rack to rest about 5 min before slicing. Then take your hot pan and deglaze it with about half of what is left of the brunello, reduce by 7/8 and add the reduced braising liquid and reduce until it will coat the back of a spoon. Slice and serve over the risotto keeping the bone attached and garnish with fresh chervil and fresh chives.

Risotto: 1 portion

Ingredients:

1/2 cup Arborio rice
2 oz extra virgin olive oil
2 cups chicken stock
1/2 cup white wine
1/4 lb diced Proscuitto di Parma
1 peeled and sliced garlic clove
1 peeled and chopped shallot
1 sliced fresh porcini mushroom
1 medium sized white truffle
1 tsp white truffle oil
2 oz shredded Parmigano Reggiano
1 tbs butter
Sea salt and pepper to taste

Procedure:

In a sauté pan render the proscuitto, and then add the olive oil, garlic, then the rice. Cook this for about 1 min then add the white wine and stir continuously. Next add the porcini and some chicken stock, continue stirring and adding chicken stock until rice is fully cooked when the rice is cooked take it from the heat and add the cheese, butter, and the truffle oil while stirring. Then, if needed add salt and pepper to taste.

Place the risotto in the middle of a large shallow pasta bowl and with a truffle slicer, slice half of the white truffle over the risotto.

Wine Pairing: Sangiovese

Hard to suggest anything other than Brunello de Montalcino, the great Sangiovese-based red wine from Tuscany, with this dish. Make sure you are buying a wine with some age on it: most young Brunellos (3-8 years) will be monstrously tannic. Brunellos can be pricey, so consider Rosso de Montalcino, which is typically more enjoyable in it's youth and much more affordable.



For 134 more professionally developed grain-fed veal recipes: www.grainveal.com/recipes