



## OSSOBUCO WITH STEWED VEGETABLES

### INGREDIENTS:

2 calf shank portions  
1 carrot  
1 parsley  
1 onion  
3 cloves garlic  
400 g canned tomatoes  
100 ml red wine  
corn flour for batter  
olive oil  
300 ml vegetable broth  
salt, pepper

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### PREPARATION:

1. Peel and cut the garlic into thin slices. Slice the vegetables. Sprinkle meat with salt and pepper, then batter it in a corn flour. Fry in hot oil until golden brown.
2. Put veal on a plate. Add the garlic and onion to the pan where the meat was frying. Fry shortly. Next, add the remaining vegetables. Fry for 10 minutes.
3. Add the meat, the red wine, broth and tomatoes to the fried vegetables. Simmer covered, until the meat is tender. Finally, season with salt and pepper.