

Terra Restaurant, St. Helena, Napa Valley
presents
Bone Marrow Risotto w/Braised Veal Shanks
paired with
Falcor 2002 Le Bijou

Ingredients:

Ossobuco Sauce:

5 tbsp olive oil	1/8 tsp crushed red pepper flakes
2 tbsp. minced garlic	1/2 cup dry white wine
1 cup diced onion	4 cups chicken stock
1/2 cup each diced carrot & celery	1 cup tomato puree
1-1/2 tsp. minced fresh basil	salt and pepper to taste
1 tsp. fennel seed	4 veal shanks, cut into 1-1/2" pieces
1/4 cup all-purpose flour	

Preheat oven to 325 degrees. In Dutch oven, place shanks. Heat 2 tbsp olive oil over high heat and sauté the garlic, onion, carrot and celery until tender, about 5 minutes. Add the basil, fennel seed and pepper flakes and sauté for 1 minute. Add the wine, chicken stock and tomato puree and bring to a boil. Season with salt and pepper and decrease the heat to a simmer.

Season veal shanks with salt and pepper and dust with flour. Heat remaining 3 tbsp olive oil over high heat until smoking. Add the veal shanks and brown well on each side. Transfer them to the simmering sauce. Place a circle of parchment with a 1 inch hole in the center, on top of ossobuco and braise in the oven for about 2-1/2 hours. Remove tender shanks to an ovenproof plate and keep warm. Cook sauce until reduced to 3 cups.

In another small saucepan, heat the chicken stock to a simmer. In a large saucepan over medium heat, melt the butter, add the garlic and onion and sauté until translucent, about 4 minutes. Add the rice and sauté for about 3 minutes, stirring until the outside of the rice becomes opaque. Add the wine and bring to a boil. Stir constantly, scraping the entire bottom of the pan until almost all the wine is absorbed. Add the simmering ossobuco sauce, meat and bone marrow. Return to a boil, then lower the heat to a simmer. Stir constantly until almost all the liquid is absorbed. Add 1/2 cup of the simmering chicken stock. The rice should be kept at a fast simmer and not a boil as you add stock. Stir rice until almost all the stock has been absorbed. Add the Parmesan cheese and mix well.

To serve, divide the risotto among 4 warmed shallow bowls and sprinkle with Gremolata.
(Mix together 1/8 tsp. minced garlic, 2 tsp. chopped fresh flat leaf parsley and 1/8 tsp. minced lemon zest.)