



Pork Shanks “Ossobucco” Style

By Chef Dave Bland

Ingredients:

8 Servings

4 Pork shanks	3 Bay leaves
¼ cup Flour	5 sprigs Fresh Thyme
Sea Salt and Black Pepper to taste	2 Tablespoons Fresh Parsley
½ cup Olive oil	8 Mint leaves
2 Carrots rough chopped	4 Rosemary sprigs
1 Onions rough chopped	1 Tablespoon Black peppercorn
2 Celery stalks rough chopped	16 small redskin potatoes cut in half
32 oz San Marzano tomatoes	5 Garlic cloves
32 oz Chicken Stock	1 Small shallot chopped
8 oz Dry Red Wine	Cheese cloth
	Butchers twine

Directions: Heat the oven to 350 F. Season the shanks with generous salt, pepper and dredge in flour. In a large Iron skillet, heat oil on medium heat. Next brown all sides of the shank and set aside. Next sauté the mirepoix, shallots and garlic cloves until the vegetables are lightly brown and tender. Deglaze with the wine and add the shanks back into the skillet. Add the tomatoes and stock and turn up the heat to medium high bringing it to a boil. Place the herbs and black peppercorns into the cheesecloth and tie it into a bouquet garnis. Season the dish with salt and pepper.

Place the potatoes into the dish and cover with aluminum foil. Place the skillet in the oven and cook for 2 hours. Check the shanks with a fork the meat should pull off the bone. If it is still a bit tough put it back in the oven for 30 minutes.

www.circlesquarecommonsfarmersmarket.com



Pork Shanks “Ossobucco” Style

Amount Per Serving	
Calories	570.1
Total Fat	18.0 g
Saturated Fat	3.2 g
Polyunsaturated Fat	1.9 g
Monounsaturated Fat	11.8 mg
Cholesterol	29.1 mg
Sodium	415.1 mg
Potassium	2,076.9 mg
Total Carbohydrate	78.6 g
Dietary Fiber	9.7 g
Sugars	8.4 g
Protein	21.0 g