



Braised Veal Shanks with Dates and Blood Orange

Servings: 4
Prep time: 30 minutes
Cooking Time: 3 hours

Ingredients

3 each	Blood oranges
2 Tablespoon	Olive Oil
4 each	Veal Shanks, cross cut
As needed	Kosher Salt
As needed	Black Pepper
1 each	Carrot, peeled and chopped
1 each	Onion, white peeled and chopped
1 Tablespoon	Garlic, chopped
1 each	Bay Leaf
1 sprig	Thyme
2 cups	Veal stock
1 cup	Balsamic Vinegar
8 each	Dates, pitted and chopped
1 tablespoon	Olive oil
½ bunch	Flat Leaf Parsley, rough chopped

Method of Preparation

1. Preheat oven to 275°F.
2. Zest the blood oranges into a bowl (careful not to zest the pith). Segment the oranges into a separate bowl and reserve.
3. In a Dutch oven, heat the olive oil over medium heat. Season the veal shanks with salt and pepper. Sear the veal shanks on each side until lightly brown. Remove and reserve shanks.
4. Add the carrot, onion and garlic to the Dutch oven. Cook until tender.
5. Arrange the shanks in the pot in a single layer and add the bay leaf, thyme, veal stock, balsamic and oranges including the juice.
6. Bring this to a light boil, cover and place in a 275°F oven for three hours or until tender.
7. Remove shanks from braising liquid and keep warm. Meanwhile strain the braising liquid and return it to the pan. Bring the liquid to a simmer and reduce by half. Adjust the seasoning with salt and pepper.
8. In a bowl, combine the orange zest, chopped dates, olive oil and parsley. Season with salt and pepper.
9. Plate the veal shanks, sauce and top with the orange and date mixture.
10. Serve with soft polenta.