# Braised veal shanks

Recipe by V-ZUG Ltd.



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| Preparation | 30 Mins |
| Cooking time | 2 Hrs 30 Mins |
| Portions | 4 |
| Appliance | Combair SEP from 2015 |

## Preparation

1 veal shank (veal knuckle), about 1.5 kg

½ tsp salt

pepper, black

4 tbsp oil

2 onions

4 cloves of garlic

½ celeriac

500 ml red wine

1 tin of peeled plum tomatoes, chopped (about 400 g)

4 bay leaves

1 sprig of rosemary

1 tbsp honey

**(Pre-)heat cooking space to 160 °C with Hot air humid**

Peel and finely dice the onions, garlic and celeriac. Pull the rosemary needles from the sprig and chop finely.

Season the veal shank well with salt and pepper. Heat the oil in a frying pan and sear the veal shank well on all sides. Put the veal shank in the porcelain dish.

Sweat the onion, garlic and celeriac until translucent, deglaze with red wine. Add the tomatoes, bay leaves, 2 tbsp rosemary and honey and bring to the boil. Scatter the vegetables over the top of the veal shank, then put the porcelain dish on to the wire shelf in the preheated cooking space. Cook.

**Put the food in**

**Hot air humid 160 °C for 2 Hrs 30 Mins**

Take the porcelain dish out of the cooking space, take the veal shank out of the cooking juices and keep it warm. Strain the vegetables and put them with the meat. Pour the cooking juices into a pan, reduce to the thickness of a syrup and drizzle over the veal shank.

## Accessories

Porcelain dish ½ GN, depth 65 mm

Wire shelf

## Additional information

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