

MAKE THIS RECIPE STEP-BY-STEP

INGREDIENTS YOU'LL NEED -

2 Prairie Street Prime
Kosher USDA Veal Shank
Osso Bucco

Kosher salt

freshly ground black
pepper

1 Tbsp avocado oil

1 large parsnip

½ large fennel bulb, de-
cored

2 ribs celery

½ large white onion

16 oz can whole, peeled
tomatoes

16 oz can chicken stock

½ cup fresh carrot juice

1 head garlic, whole
clove, skins removed

5 sprigs fresh thyme

- 1 Pat dry your veal shanks with a paper towel to remove any moisture then generously season each side with Kosher salt and freshly ground black pepper.
- 2 Select the "Sauté" setting on your electric pressure cooker and allow the pot to become hot.
- 3 Add the avocado oil to the pressure cooker and sear each side of the veal adding in small amounts of additional avocado oil if necessary. Approximately 4 minutes per side.
- 4 While the meat is searing, chop your parsnip, fennel, celery, and white onion into large, diagonal pieces ensuring they are relatively close in size so they'll cook evenly and also maintain some texture throughout the cooking process.
- 5 Once fully seared, remove the veal shanks and set aside.
- 6 Add the chopped vegetables, whole cloves of garlic, and fresh thyme to the pan and stir with a wooden spoon, beginning to gently incorporate the pan's fond into the mixture. Season with Kosher salt and freshly ground black pepper.
- 7 Add the veal shanks, nestling them within the bed of cooking vegetables.
- 8 Deglaze the pan by adding the chicken stock, fresh carrot juice, and whole peeled tomatoes with tomato broth, bringing the liquids halfway up the veal shanks.
- 9 On your electric pressure cooker, cancel the "Sauté" mode. Seal and lock the lid in place, select the "Pressure Cook" mode and set for 1 hour and 15 minutes. Note that in the beginning the pressure cooker will take about 10 minutes to build heat and pressure within the device, and at the end of the set cook time the device will take about 15 minutes to release the steam and pressure. Be cautious and use a towel to remove the lid once the steam is fully

released and the safety features allow you to unveil your Osso Bucco.

10

Serve your Veal Shank Osso Bucco and stewed vegetables hot and enjoy.

Bon appetit!