

Tulane Eats! Osso buco

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Now that our [appetizer](#) and [side dish](#) has been prepared, part three of Tulane Eats! teaches us how to whip up osso buco, a hearty meal of braised cross-cut veal shanks, for the entree.

Leading today's demonstration is Scott Goodstal, resident dining executive chef of Tulane University Dining Services. Since no meal is complete without dessert, be sure to look for the fourth and final installment of Tulane Eats! featuring a sweet apple strudel made by Travis Johnson, district executive chef, in Monday's New Wave email.

Each video is shot in the teaching kitchen of the Barbara Greenbaum House on the uptown campus and is produced by social and digital media coordinator Lesley Simpson and university photographer Sally Asher.

The recipe:

Ingredients

- 4 tablespoons olive oil (or butter)
- 6 -2" thick veal shanks
- 1 cup diced onion
- 1 cup diced carrot
- ½ cup diced celery

- 3 tablespoons tomato paste
- 6 oz orange juice
- 6 oz white wine
- 16 oz beef stock
- salt and pepper to taste
- 1 bay leaf

Instructions

- Add oil to thick-bottom braising pan.
- Heat oil, salt & pepper veal shanks brown on all sides.
- Remove veal from pan.
- Add diced onion, peppers and celery. Cook until soft.
- Add tomato paste and orange juice cook 5 minutes or until tomato paste starts to lightly brown.
- Add wine, stock, bay leaf and veal shanks bring to boil on-top of oven then place in a 350 degree pre-heated oven for 45 minutes or until fork tender.
- Remove from oven and strain liquid.
- To serve, ladle sauce on bottom of platter and place osso bucco on top

Tulane Eats! is a series of short videos that guide viewers through the creation of popular southern recipes as they are prepared by the chefs of Tulane University Dining Services. Here's what you've already missed:

[Tulane Eats! Shrimp Remoulade](#)

[Tulane Eats! Sweet potato hash](#)