

## Osso Buco and Saffron Polenta

*Babette's Feast*

### *Osso buco*

4 veal shanks, 2.5 cms high  
3 Tablespoons butter  
½ cup white wine  
1 ½ cups meat broth (or vegetable)  
1 Tablespoon fresh parsley finely chopped  
1 piece of orange rind finely chopped  
½ clove of garlic finely chopped  
Freshly grated pepper  
Salt

### *Saffron Creamy Polenta*

1 cup polenta flour  
4 cups water



¼ cup double cream  
2 Tablespoons butter  
1 teaspoon salt  
2 pinches saffron

45-minute osso buco: Make several incisions around the veal shanks to cut through the membrane so the meat doesn't curl when cooking. In a pan, over medium heat, melt the butter until sizzling. Add the veal shanks and brown on both sides. Add the white wine to deglaze the pan. Season with salt and freshly ground pepper, add 1 cup broth and bring to a boil. Cover the pan, reduce heat to the minimum and allow to simmer for 45 minutes, adding more broth as needed.

Orange gremolata - Chop the parsley, orange peel and garlic very finely and add to the veal shanks when they are cooked.

45-minute polenta: Bring the water to a boil, add the salt and the saffron and pour the polenta flour in a steady stream, stirring with a whisk until well blended. When it boils, reduce the heat to the minimum and cook the polenta, stirring from time to time with a wooden spoon for 45 minutes or until it starts to fall away from the sides of the pan. Add the cream and butter and beat vigorously until butter is melted and well incorporated. Serve immediately with the osso buco and its juices.

Author Notes: In this recipe, both the meat and the polenta take exactly the same time to cook, only the meat doesn't need much attention as long as it's on low heat. The "osso buco" is much better when it's thick, about 2.5 inches. Ah, and don't forget, the "gremolata" which I make for this recipe with orange peel instead of lemon. It's very important because it cleanses the palate and balances the fattiness of the meat. (less) —Babette's Feast

