

Why not impress your guests with a delicious Veal Shank Frenched naturally from cooking «Montpak's Tower of Pisa»

Serves 4-6 people



Beforehand: Defrost the frozen veal shanks in the fridge overnight.

Step 1. Preheat oven at 400°F. Attach veal shank with butcher cord at both ends.



Step 2. Brush shank with olive oil.



Step 3. Seasoning mix consists of; salt, pepper, oregano, thyme, Montreal spice mix and smoked paprika.



Step 4. In a flat pan, mix together 1 Tbsp. of each of the spice ingredients listed in step 3.



Step 5. Rub shank with mix. Make sure the shank is well covered with the seasoning mix.



Step 6. Place shank on a large piece of heavy foil, big enough to enclose shank completely.



Step 7. Place shank in a roasting pan standing upright.



Step 8. Place shank in a pre heated oven at 400°F. Cook for 1 hour then reduce heat to 275°F and cook for another 2 hours.



Step 9. Remove from oven and let sit for 15 minutes before removing foil wrap. Collect the natural juices from the pan and foil in a bowl for use later.



Step 10. Remove shank from the foil and place shank on a serving platter.



Step 11. Arrange a mixture of grilled vegetables on the platter.



Step 12. Drizzle the natural juices over the shank and vegetables.



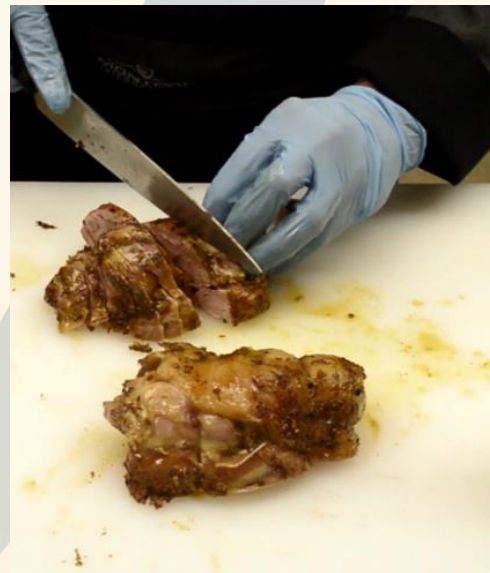
Step 13. Cut and remove butcher cord.



Step 14. Remove shank meat from the bone.



Step 15. Thinly slice the shank meat.



Step 16. Arrange sliced meat on serving dish and drizzle with the natural juices collected from cooking.



Step 17. Plate 4-5 pieces of meat and serve with a side of grilled vegetables. Serves 4-6 people.



Bon appétit!

