



Osso Buco-Style Braised Beef Shanks

Protein: Beef Shanks | Method: Oven

Slow-braised beef shanks in a rich tomato-wine sauce, brightened with lemony gremolata.

Ingredients:

- 4 beef shanks (3–4 lbs)
- 2 tbsp olive oil
- 1 onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 4 garlic cloves, minced
- 1 cup white wine
- 14 oz crushed tomatoes
- 2 cups beef stock
- 1 bay leaf, 1 rosemary sprig
- Salt & pepper



Instructions:

1. Preheat oven 325°F. Brown shanks; set aside.
2. Sauté vegetables, deglaze with wine.
3. Add tomatoes, stock, herbs; return shanks.
4. Cover and braise 3 hours.
5. Top with gremolata before serving.

Gremolata:

- 1 bunch fresh parsley, finely chopped
- 2 tsp lemon zest
- 1 garlic clove, minced
- Pinch of sea salt

Instructions:

- Stir gremolata ingredients together in a small bowl. Use to top Beef Shanks before serving.

Nevada Farm Fact: Nevada's #1 crop isn't corn or wheat — it's **alfalfa hay**. Fed to cattle, dairy cows, and horses, it's the foundation of ranching across the Silver State.

