



Lemon Veal Casserole with Peas

Use the de-boned osso buco cut in this wonderful weekend dish.

- about 800g de-boned veal shin, cut into about 60g pieces
- 1 tsp corn flour
- 4 tbsp *Cobram Estate Light and Delicate extra virgin olive oil*
- 1 small onion, very finely chopped
- 1 small carrot, finely chopped
- 1 stick celery, finely chopped
- 1 tbsp lemon thyme
- ¼ cup dry white wine
- 2 tbsp veal glaze or a beef stock cube
- 1 cup diced tomato
- sea salt and freshly ground black pepper
- 1½ cups shelled peas
- juice of ½ lemon
- 1 tbsp finely grated lemon rind
- 2 tbsp coriander leaves, finely sliced
- 1 clove garlic, finely chopped

Preheat oven to 150°C.

Place veal pieces in a bowl. Sprinkle cornflour over meat and toss to coat the meat.

Heat half the *Cobram Estate Light and Delicate extra virgin olive oil* in a wide, oven-proof pan and when hot, lightly brown the veal pieces. Transfer veal to a bowl.

Add remaining *Cobram Estate Light and Delicate extra virgin olive oil* to the pan, stir in onion, carrot, celery and lemon thyme and cook for a few minutes. Add wine and bring to the boil. Add veal glaze and diced tomato and stir well. Season with salt and pepper, then return the veal to the pan and shake the pan well. Cover with foil and a lid and cook in the preheated oven for about 1 hour or until the meat is tender.

Meanwhile, cook the peas in salted boiling water for 5 minutes or until tender, then drain.

When the veal pieces are cooked, transfer them to a clean bowl. Pass the sauce through a fine strainer, then return meat and sauce to the pan. Add the peas and reheat.

Just before serving, stir in lemon juice, lemon rind, coriander and garlic.