



**sizzle**  
M A G A Z I N E

## Sous-Vide Veal Shank Blanquette

by **Chef Garrison Oliver**  
Student, **Newbury College**  
Brookline, Massachusetts



For more recipes and techniques, visit  
[www.sizzle-digital.com](http://www.sizzle-digital.com)

## Classical v. Modern Recipes: **Modern**

### Sous-Vide Veal Shank Blanquette

*Yield: 4 servings*

#### Ingredients:

4 veal shanks  
2 tablespoons **vegetable oil**  
1 cup **celery**, medium dice  
1 cup **onion**, medium dice  
1 cup **carrot**, medium dice  
1 cup **white wine**  
2 quarts **white veal stock**  
3 **thyme** sprigs  
1 **bay leaf**  
1 cup **heavy cream**  
**Kosher salt**, to taste  
**Freshly ground black pepper**, to taste  
1/2 cup **clarified butter**  
1/2 cup **AP flour**  
1 t. **ground white pepper**  
1/2 cup **egg yolk**  
1/2 cup **butter**, cubed

#### Method:

1. French the veal bones. Set aside.
2. Heat oil in a large stockpot over medium heat. Add mirepoix and sauté until onions are translucent.
3. Deglaze the pan with wine. Add veal stock and bouquet garni. Gently simmer for 2 hours, or until vegetables are tender and stock is flavorful. Strain stock, discard the vegetables. Allow stock to cool slightly and add heavy cream and set aside.
4. For the roux, in a small pot over medium-low heat, whisk together the clarified butter and flour until lightly toasted but still blonde.
5. Temper the roux by adding a ladleful of the stock to the small pot. Transfer roux to the stockpot and bring to a boil.
6. Once the stock reaches a boil, reduce the heat to a medium-low heat and cook for 20 minutes or until there is no more floury taste. Season sauce with salt and pepper. Cover and chill in the refrigerator.
7. Place two of the veal shanks into one sous vide bag each. Divide the stock evenly between each of the two bags.
8. Vacuum seal and sous vide the shanks at 75 C (167 F) for 12 hours.

## Sous-Vide Veal Shank Blanquette

by **Chef Garrison Oliver**  
Student, **Newbury College**  
Brookline, Massachusetts



For more recipes and techniques, visit  
[www.sizzle-digital.com](http://www.sizzle-digital.com)

9. Once cooked, drain sauce from the bags into a large pot. Reduce sauce over medium heat until just about thick enough to coat the back of a spoon. Remove from heat and whisk in white pepper and egg yolks. Whisk in butter.
10. To plate, transfer meat to four hot plates with the bone facing up. Ladle sauce evenly over the meat to glaze.  
*Optional garnishes: lightly sautéed mushrooms and greens, caramelized onion-stuffed potato dumplings.*