



Serves:	7-8 people
Preparation:	15 minutes
Cooking time:	6-7 hours
Level:	Even I can do this

# MONTY'S VEAL NECK OR SHOULDER

## Long, slow, melt-in-your mouth

*A roasted rack of veal cutlets is a beautiful thing but it's very hard to go past the unctuous joy of osso buco or the melt-in-your mouth sweetness of a slow braised veal neck.*

### Ingredients

- A few big sprigs of fresh rosemary
- 2 juicy cloves of garlic, diced
- A goodly splash of olive oil
- 2.0 kg veal neck or shoulder
- 6 anchovies diced **THIS IS THE SECRET WEAPON**
- To taste salt and pepper
- A splosh of white cooking wine

### Method

#### THE NIGHT BEFORE THE DAY YOU WANT TO EAT

- Mix up the ingredients, put the veal in a baking dish and pour the marinade over the veal, making sure to rub it in well.
- Cover the veal and marinate over-night on the kitchen bench. (If it's the middle of summer you might choose to put it in the fridge instead.)
- The next day, work out when you want to eat, subtract 7 hours and you'll know when you need to start cooking your veal.
- Heat your oven to 80 degrees.
- Ensure the marinated veal is at room temperature and pop it into a heavy, oven-proof saucepan with a tight-fitting lid. Splosh a cup or so of cooking wine in with the veal, cover with the lid and pop in the oven.
- Cook gently for about five or six hours.
- Light the barbecue and wait til it's nice and hot.
- Take the veal out of the oven, remove the lid and whack it in the hot bbq for 10 minutes. The final barbecue stage adds flavour and finishes the outside so it's lovely and a little crisp. But if the barbecue option is too hard, you could just turn up the oven to 220, remove the cover and blast the veal for 10 minutes.
- Rest for 30 minutes and prepare to ascend to heaven.

