



# Local Rhoots

LOCAL. SUSTAINABLE. MEALS.

## Osso Bucco with Maple Dijon Roasted Carrots over Mashed White Sweet Potatoes

### Ingredients

Osso Bucco & Sauce  
Veal Chops, Red Wine, Thyme,  
Rosemary, Onion, Garlic, Carrots,  
Chicken Stock, Tomato Paste, Salt &  
Pepper.

Mashed Sweet Potatoes  
Sweet Potatoes, Salt, Pepper,  
Coconut Oil, Olive Oil

Dijon Maple Carrots  
Carrots, Dijon Mustard, Maple Syrup,  
Honey, White Wine Vinegar, Olive Oil,  
Salt, Pepper

Parsley

### Directions

NOTE: most of the veal chops weigh more than a pound. A portion is about half a chop, though some are large enough to feed 3-4 people. The sauce with the chops will be very thick and stick to the chops when cold, but will loosen up once hot.

Preheat oven to 350 and take out two baking dishes. Place osso bucco and sauce into one dish, cover with foil and place on the middle rack in the oven for 30 minutes.

Portion potatoes into one half of the second dish and the carrots on the other half. Place on the lower rack (with osso bucco) for 15 minutes.

The meat will separate from the bone (but don't miss the bone marrow).  
Portion out the mashed potato topped with chops, sauce and a side of carrots.