

Caribbean Oso Bucco

8 Veal Shanks tied with kitchen twine
1 cup demi glace
1 cup beef stock
1 medium onion diced
1 medium carrot diced
1 celery rib diced
2 Tbsp Olive oil
¾ cup dark rum
½ tsp salt
¼ tsp chipotle pepper
3 garlic cloves
2 bay leaves
¼ tsp oregano
¼ tsp thyme
fresh cilantro stems

Season Veal with salt and pepper. Heat 1 Tbsp oil in pressure cooker over medium high heat. In batches add veal shanks and cook turning occasionally until lightly browned. Transfer to platter. Add the remaining oil to pressure cooker and heat. Add the onions, carrots, celery, garlic and remaining spices, stir until softened. Stir in Rum and reduce until almost evaporated. Add demi and beef stock. Return the veal to pressure cooker. Lock the lid in place. Bring to high pressure cook for 25 minutes.