



**Eat Well. Live Well.**

[www.AwareHouseChef.com](http://www.AwareHouseChef.com)

## CONTACT

Hellenic Restaurant:  
631 477-0138

[www.TheHellenic.com](http://www.TheHellenic.com)

# Berkshire Pork Shank Osso Buco

6 Osso Bucco Shanks

3 Organic Medium Carrots

3 Organic Sweet Spanish Onions

3 large Organic Stalks of Celery

6oz Can of [Organic Tomato Paste](#)

3 tbsp. [Organic Arrow Root](#)

2 tbsp. [Organic Dried Rosemary](#)

1 ½ tbsp. [Fresh Cracked Organic Black Pepper](#)

4-5 [Organic Bay Leaves](#)

¼ cup [Organic Extra Virgin Olive Oil](#)

[Celtic Sea Salt to taste](#)

preparation instruction, watch the video on YouTube:

[Mac and Cheese](#)

[Youtube.com/AwareHouseChef](https://www.youtube.com/AwareHouseChef)

DISCLAIMER: Hi! This PDF contains affiliate links, which cost you nothing, but if you click on them, I'll receive a small commission. This helps support this channel. Thank you for the support!