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*by ewfood*

## Osso Bucco

## Ingredients

4 pieces of veal shank  
0.5oz. flour  
0.5oz. butter  
1fl oz. olive oil  
1 onion, finely chopped  
1 carrot, finely chopped  
1 stalk of celery, finely chopped  
2 cloves of garlic, finely chopped  
4fl oz. white wine  
1 can chopped peeled tomatoes  
5 tsp. thyme  
4 tsp. rosemary  
4fl oz. of beef/vegetable stock

### Servings

4

Person

### Preparation Time

20

min

### Cooking Time

2

hr

## Preparation

- 1 Preheat the oven to 180°C
- 2 Season the osso bucco with salt and pepper and dust with flour so it is covered
- 3 In a large casserole dish add the olive oil and butter and sauté the osso bucco for a couple of minutes on each side
- 4 Remove from the casserole and set to one side
- 5 In the same pot sauté the onion, celery, carrot and garlic until the onion is translucent
- 6 Return the osso bucco to the pot with sautéed vegetables and turn it a few more times until it is a rich brown colour
- 7 Slowly add the white wine to the pot cook until it is reduced slightly, but not completely
- 8 Add to this the canned tomatoes, thyme and rosemary
- 9 Add the stock and bring to a simmer, season with some pepper
- 10 Place the casserole dish into the already preheated oven for 1 ½ hours
- 11 Serve over a little bit of plain risotto or some polenta and enjoy.

## Cooks Note

Preparation time: 20 minutes; Cooking time: 2 hours; Serves 4