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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