



JERNEJ KITCHEN

OSSO BUCO

*Osso Buco is a juicy and delicious dish. The meat melts in your mouth, and it's slow-cooked in the oven.
Use veal or beef shank to make this recipe.*

SERVES	4	PEOPLE
PREPARATION:	20	MINUTES
COOK:	2	HOURS
TOTAL TIME:	2	HOURS 20 MINUTES

OSSO BUCO

1.8 kg osso buco or 4 veal or beef shanks with bone-in (thickness 3-4cm / up to 2 inches)

3 tbsp all-purpose flour

3 tbsp olive oil, for meat

2 carrots

2 onions

1 celery stalk

1 tbsp olive oil, for vegetables

2 bay leaves

1 tsp tomato paste

250 ml (1 cup) white wine (like Pinot Grigio)

750 ml (3 cups) beef stock or water

TOOLS AND EQUIPEMENT

plate

castiron skillet

cutting board

kitchen knife

MEAT PREP

Place the meat on a large plate. Secure the meat to the bone with the kitchen twine. Season with salt and pepper. Place the flour on a deep plate. Dredge the shanks in flour, shaking off excess. Place a rack in the middle of the oven and preheat to 160 °C / 320 °F.

SEAR THE MEAT

Place a large cast iron pan (oven-safe skillet) over medium heat. Add the olive oil and the first two shanks. Sear the beef for 4 - 6 minutes on each side or until golden and seared. Repeat with the rest of the meat. Transfer the meat to a different plate.

SAUTE THE VEGETABLES

Clean the carrots, onion, and celery and cut them into one-centimeter (half-inch) chunks. Add one tablespoon of olive oil and veggies to a cast-iron skillet. Cook for 8 - 10 minutes, then add the tomato paste. Stir and cook for another 2 minutes. Pour in the wine and add the bay leaves. Bring to a boil, then simmer for 3 - 4 minutes for the alcohol to evaporate.

COOKING

Pour the beef stock into the sauce. Season with salt and pepper, and add the Osso Buco. Cover with a lid and transfer to a preheated oven. Cook for 1 1/2 - 2 hours or until the meat is soft, juicy and until the meat is falling off the bone. When the meat cooks, remove the twine and bay leaves and transfer them to a plate.

SAUCE

Carefully place the skillet with the remaining sauce to medium

heat. Cook for 20 - 30 minutes for the sauce to thicken. Add the meat to the sauce right before serving. Serve with your favorite side dish.