



osso buco alla milanese

NIBBLEDISH CONTRIBUTOR

Ingredients

- beef/veal shanks
- flour
- s&p
- olive oil
- butter
- garlic
- onion
- carrots
- celery
- beef stock/beef bullions
- crushed tomatoes
- white wine (optional)
- worcestershire sauce
- thyme
- rosemary
- oregano
- bay leaf

Instructions

This recipe yields 2-4 servings:

1. Heat **2 T good olive oil** in a large pot/dutch oven (*Le Creuset* all the way! hehe dream...dream...dream...) **S&p** and dredge **2 large beef shanks** **2 T flour**. (Shake off excess flour) Place the shanks on the hot pot and let them brown on the outside. This takes about 3 mins on each side (on high heat). Do not move or flip the shanks too soon. Use the amazing gift that God has bestowed upon you, which are your senses... your ears and nose will tell you when they're perfectly seared. Remove the shanks from the hot oil and set aside. The juices from the

shanks left in the pot will add a fantastic flavor to the final dish.

2. with about Lower the heat. Into the same pot, add **2 T butter & 1 T good olive oil**. Saute **2 cloves minced garlic, 1 medium diced onion**. Cook until onion is translucent.

3. Add **1 C sliced carrots + 1/2 diced celery**, and cook for 5 mins.

4. Place the shanks on top of the vegetables. Add **4 C good beef stock**(option: 4 C H2O + 1 beef bouillon) and **1 large can crushed tomatoes**. Or if you wish to add wine, add 2 C beef stock + 2 C good white wine + 1 large can crushed tomatoes.

5. Season with **s & p** and **2 t worchestershire sauce**. Add **a dash or two of dried thyme + rosemary + oregano and 1 bay leaf**.

6. Cover and cook for an hour or so, stirring from time to time, until fork tender. Adjust the seasoning.

7. Remove lid and turn up the heat. Let the sauce reduce by half. Stir every now and then. DO NOT leave the pot unattended as the sauce could easily burn.

8. Once the sauce is reduced and almost sticks to the meat, remove from the heat.

9. Transfer the Osso Buco onto your serving dish of choice.

*Optional: top with gremolata. (mixture of lemon zest, minced garlic and chopped parsley)

10. Serve with risotto alla milanese, rice or your favorite pasta.

11. Buon appetito!