



osso buco
Ai Pignoli

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Serves 4

Ingredients (Osso Buco)

4x4 lb. (1.8 kg) 3" thick veal shanks
6 tbsp. (90 ml) extra virgin olive oil
1 medium carrot, sliced into ¼" rounds
½ cup (125 g) Paysanne red peppers, finely diced
½ cup (125 g) green peppers, finely diced
1 small Spanish onion, chopped into ½" dice
1 celery stalk, sliced into ¼" thick pieces
2 tbsp. (30 g) fresh thyme leaves, chopped
2 cups (500 ml) basic tomato sauce
2 cups (500 ml) chicken stock, plus additional stock if necessary
2 cups (500 ml) dry white wine
Gremolata
Salt and freshly ground black pepper to taste

Method (Osso Buco)

1. Preheat the oven to 375°F/190°C. Season the shanks with salt and black pepper to taste. In a heavy bottomed 6 to 8 quart oven safe pan, heat the olive oil until smoking. Place the shanks in the pan and brown all over, turning to get every surface for 12 to 15 minutes. Remove the shanks and set aside.
2. Reduce the heat to medium, add the carrot, onion, celery, bell peppers and thyme leaves. Cook, stirring regularly until golden brown and slightly softened for 8 to 10 minutes. Add the tomato sauce, chicken stock, and wine and bring to a boil.
3. Return the shanks back to the pan. If sauce doesn't come halfway up the shanks, add more stock.
4. Cover the pan with a tight lid (if it doesn't have a lid, cover it tightly with aluminum foil).
5. Cook in the oven until the meat is nearly falling off the bone (2 to 2 ½ hours). Remove the pan from the oven and let stand for 10 minutes before serving with Gremolata.

Ingredients (Gremolata)

¼ cup (63 g) finely chopped parsley
¼ cup (63 g) pine nuts, toasted
Zest of one lemon

Method (Gremolata)

1. Mix the parsley, pine nuts, and lemon zest loosely in a small bowl. Set aside until ready to serve.

Nutritional Facts per serving (686 g): Calories 900

Fat 46 g (71 %), Saturated Fat 12 g + Trans Fat 0 g (60 %), Cholesterol 335 mg, Sodium 950 mg (40 %), Carbohydrate 19 g (6 %), Fiber 3 g (12 %), Sugars 8 g, Protein 81 g, Vit A (15 %), Vit C (90 %), Calcium (8 %), Iron (35 %). % = % Daily Value