

OSSO BUCO

INGREDIENTS

- 6 Beef Osso Buco cuts (tied with string)
- Extra virgin olive oil
- 1 Onion (large) (coarsely chopped)
- 2 stalks Celery (coarsely chopped)
- 1 bulb Fennel (coarsely chopped)
- 3 cloves Garlic (smashed)
- 1 pinch Red pepper (crushed)
- 3/4 C Tomato paste
- 2 C White wine (dry)
- 3 Bay leaves
- 1 bundle
 - Salt (to taste)
 - Water (as needed)
 - Parsley (use as a garnish)



DIRECTIONS

- 1 Coat a wide deep pan (3 - 4" high) with olive oil
- 2 Add the osso buco to the pan & brown them well on all sides at a high-heat
- 3 Remove the osso buco from the pan & after removing the oil, add new oil
- 4 In a blender, process the onion, celery, fennel & garlic until it becomes a thick paste
- 5 Add the processed vegetables to the pan plus the red pepper & salt to taste
- 6 Brown the vegetables & then add the tomato paste & cook until it turns brown (3-4 minutes)
- 7 Add the wine & reduce by 1/2 & pre-heat the oven to 375 F
- 8 Return the osso buco to the pan & add water so the liquid becomes even with the top of the meat
- 9 Taste the water to see if salt is needed & then add the bay leaves & thyme bundle
- 10 Bring the liquid to a boil, cover it & then place the pan in the oven
- 11 Cook the osso buco for 1 hour & then take the pan out of the oven & check the liquid level
- 12 Add more liquid or seasoning if needed & return the pan to cook for another hour
- 13 Remove the lid & cook for 30 more minutes
- 14 When you take the pan out of the oven, take the osso buco out of the pan & put on a platter
- 15 If necessary, skim off any fat that is on the surface of the sauce
- 16 Taste the sauce & adjust the seasoning if necessary
- 17 Remove the string & the bay leaves from the osso buco
- 18 Serve the osso buco with the some of the sauce on top of the meat & garnish with Gremolata
- 19 Garnish with parsley

NOTES

- 1 Some prefer to dip the osso buco in flour before placing it in the pan to brown
- 2 Some prefer to use marsala wine instead of white wine
- 3 Some prefer to add low sodium beef broth **OR** chicken broth instead of water
- 4 On our recipe directory, Kosher Woman has a link for 3 recipes for Gremolata