



ITALIAN (LOMBARDY)

Beef Osso Buco

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	4	30 min	2 hr 45 min	Braise	Shank

Ingredients

- 4 cross-cut beef shanks, 4 cm (1½ in) thick, about 1.6 kg (3½ lb) total
- 4 tbsp all-purpose flour, for dredging
- 1 tsp salt, plus more to taste
- ½ tsp black pepper
- 3 tbsp olive oil
- 2 tbsp butter
- 1 onion, finely chopped
- 1 carrot, finely chopped
- 1 celery stalk, finely chopped
- 3 cloves garlic, chopped
- 2 tbsp tomato paste
- 240 ml (1 cup) dry white wine
- 400 g (14 oz) canned chopped tomatoes
- 500 ml (2 cups) beef stock
- 2 bay leaves
- 3 sprigs fresh thyme

GREMOLATA

- 1 small handful parsley, finely chopped
- Zest of 1 lemon
- 1 clove garlic, minced

Steps

1. Heat the oven to 160°C (325°F). Tie a length of kitchen string around each shank so the meat keeps its shape. Pat dry, season with salt and pepper, and dredge lightly in the flour.
2. Heat the oil and butter in a heavy lidded pot over medium-high heat. Sear the shanks in batches until deep golden on both sides, about 4 minutes per side. Set aside.
3. Lower the heat to medium. Cook the onion, carrot and celery for 8 minutes, until soft and just turning golden. Add the garlic and tomato paste and stir for 1 minute.
4. Pour in the wine and deglaze, scraping up the browned bits. Simmer for 3 minutes, until reduced by half.
5. Add the tomatoes, stock, bay and thyme. Nestle the shanks in upright so the marrow stays in the bones; the liquid should come about two-thirds up the meat.
6. Cover and braise in the oven for 2 to 2½ hours, turning the shanks once halfway, until the meat is tender and nearly falling from the bone.
7. Lift out the shanks and keep warm. Simmer the sauce on the stove over medium heat for 10 minutes, until slightly thickened and glossy.
8. Mix the gremolata ingredients. Serve each shank with sauce spooned over and a pinch of gremolata on top.

Notes

- **Serving:** traditionally with saffron risotto; polenta or mashed potatoes also work. Scoop the marrow out with a small spoon.
- **Make ahead:** braise a day early and reheat gently; the flavour deepens. It freezes for 3 months.

- **Other cuts:** veal shanks are the classic and cook in about 2 hours.
- **Slow cooker:** brown first for depth, then cook on low 8 hr or high 4–5 hr. Reduce the sauce on the stove.
- **Chef's touch:** whisk a knob of cold butter into the reduced sauce off the heat for gloss.
- **Twist:** for a sweeter, non-traditional note, add 2 strips of orange zest to the braise.