

Slow-Cooked Osso Bucco

Serves 4 | Prep 20 min | Cook 2½–3 hours

PHOTO SPACE

Place finished meal photograph here

INGREDIENTS

- 4 beef or veal osso bucco/shin pieces, about 1.2kg
- 2 tbsp olive oil
- 1 onion, diced
- 2 garlic cloves, minced
- 1 small carrot, diced
- 1 celery stalk, diced
- 400g crushed tomatoes
- 250ml beef stock
- 150ml dry red wine, optional
- 1 tsp oregano
- 1 tsp thyme
- 1 bay leaf
- 1 tsp salt
- ½ tsp black pepper
- 1 tbsp tomato paste
- 2 tbsp parsley + zest of ½ lemon

METHOD

1. Pat meat dry and season.
2. Brown meat in olive oil 2–3 min per side; remove.
3. Cook onion, carrot and celery 5 min. Add garlic and tomato paste for 1 min.
4. Add wine if using; simmer 2 min. Add tomatoes, stock, herbs and bay leaf.
5. Return meat, cover and cook at 160°C for 2½–3 hours until fork-tender.
6. Remove bay leaf and finish with parsley and lemon zest.

THE TRICK

Low and slow is the secret. Give the connective tissue time to break down rather than increasing the heat.

NUTRITION

Approx. per serve: 650–750 kcal | 55–65g protein | 42–50g fat | 10–14g net carbs