



# Osso Bucco

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**IFAB**  
FOODSERVICE  
MALAYSIA

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# Osso Bucco



4 servings



2 hours 40 minutes

Review



## INGREDIENTS

125 gr all-purpose flour  
350 gr veal shanks  
2 tablespoons of olive oil  
1 diced yellow onion  
1 diced carrot  
2 diced celery stalks  
6-8 garlic cloves  
30 gr tomato paste  
450 gr roughly chopped fresh tomatoes  
1 liter of beef stock  
2 bay leaves  
1 bunch of Italian parsley  
20 to 25 fresh thyme sprigs  
Coarse salt and fresh cracked pepper to taste



## DIRECTIONS

1. Preheat the oven to 160°C.
2. Add the flour to a bowl or a plate and season it very well with salt and pepper, about 1 tablespoon of salt and 1/2 teaspoon of pepper.
3. Dredge the veal shanks on all sides in the flour and set them aside.
4. Next, heat the olive oil in a Dutch oven over medium-high heat and heat until it begins to smoke lightly.
5. Add the veal shanks, turn the heat down to medium, and sear them until they are golden brown on all sides, about 4 to 6 minutes per side.
6. Remove the veal shanks and add the onions, carrots, celery, and garlic to the pot and sauté for 3 to 4 minutes or until lightly browned.
7. Mix in the tomato paste and cook for 2 minutes.
8. Add the tomatoes and cook for an additional 2 minutes.
9. Place in the beef stock, bay leaves, parsley, thyme, salt, and pepper. Taste the stock to make sure it's well seasoned.
10. Add the veal shanks back into the pot, submerge them, place a cover over the pot, and cook in the oven for 2 to 2 1/2 hours in the oven at 160°C. or until they are very tender and easily remove from the bone.
11. Serve the Osso Bucco and some of the sauce over top. Serve all the vegetables in the braising liquid underneath the Osso Bucco.