

Ossobuco alla Milanese

Milanese-Style Beef Shanks

Serves 4

PREP TIME

20 minutes

COOK TIME

Approximately 4 hours

INGREDIENTS

4 slices of beef shank,
approximately 1½ inches
(4 cm) thick

Fine sea salt

Freshly ground pepper

¼ cup (30 g) flour

½ cup (120 ml) extra virgin
olive oil

4 tbsp. butter

1 onion

1 carrot

1 stalk celery

2 cups plus 4 tsp. (500 ml)
dry white wine

2 cups plus 4 tsp. (500 ml)
beef stock (see p. 268)

Ossobuco is a wonderful stew with classic ingredients like carrots, celery, and onions. Slices of the shank are full of fat and tendons; both ensure there will be a great deal of flavor. Their use by the cattle gives them an intense taste, but you can always trim the fat and tendons if you prefer. The marrow of the beef bones is particularly delicious and tastes wonderful on toasted bread with a little salt. In Milan, ossobuco is typically served with saffron risotto. Gremolata with parsley, lemon zest, and olive oil also goes very well with the meat in this recipe. A traditional variation on this stew adds tomato passata (pureed, strained tomatoes) made using San Marzano tomatoes; it is added to the vegetables in the casserole dish and simmers with them.

Rub the sliced shanks well with salt and pepper, then roll in flour. Brown them in a large skillet in olive oil over medium heat with the lid on for about 10 minutes.

Preheat the oven to 300°F (150°C) using the convection setting. Place 3 tablespoons of olive oil and the butter in a casserole dish. Chop the onion, carrots, and celery and add to the dish. Cook in the oven until the vegetables are soft. Then add the wine and stock, followed by the sliced shanks. Let everything simmer in the oven for 3 to 3½ hours.

OUR TIP The meat should fall apart when it is finished cooking. When it comes to side dishes, you can't go wrong with risotto, polenta, or pasta.

