



Veal osso buco



DIFFICULTY: EASY



PREPARATION TIME: 10
MINUTES



COOKING TIME: 1 HOUR 15
MINUTES



SERVES: 4

Ingredients

2 onions
3 carrots
2 sticks celery
2 tbsp butter
1 clove garlic, chopped
2 strips preserved lemon rind, rinsed
¼ cup vegetable oil
flour for dusting
1 ½ kg veal osso bucco
1 cup white wine
1 cup stock
400g can of diced tomatoes
2 bay leaves
few sprigs thyme
salt and pepper

Method

Preheat oven to 180°C, CircoTherm®.

Dice onion, carrot and celery into large pieces.

Melt butter in a large frypan and cook onions, carrots, celery, garlic and preserved lemon for a few minutes. Remove from heat and place vegetables in a large ovenproof casserole dish.

Heat vegetable oil in same frypan, lightly dust meat in flour and cook in pan until browned on all sides. Remove meat from pan and place on top of vegetables. Return pan to heat and cook wine, stock and tomatoes for a few minutes. Pour over the top of the meat and vegetables. Add the bay leaves and thyme, cover dish with foil or lid and cook in oven for about 1 hour or until meat is very tender, turning the meat half way through. Check the level of the liquid and add more if you need to.

Remove from oven, salt and pepper to taste, and serve.

Notes

Beef can be used as a substitute for this recipe.

This recipe uses the NEFF CircoTherm® function. We use Australian tablespoons and cups: 1 teaspoon equals 5 ml; 1 tablespoon equals 20 ml; 1 cup equals 250 ml. All herbs are fresh (unless specified) and cups are lightly packed. All vegetables are medium size and peeled, unless specified. All eggs are 55–60 g, unless specified.