

Beef Osso Buco

Beef Osso Buco uses Cross Cut Shanks for a traditional Italian dish topped with fresh parsley, garlic and orange zest.

INGREDIENTS

2 to 3 pounds beef Shank Cross Cuts, cut 1 to 1-1/2 inches thick
2 tablespoons all-purpose flour
1 tablespoon vegetable oil, divided
1 cup finely chopped onions
1/2 cup finely chopped carrot
1/2 cup finely chopped celery
1 cup dry white wine
1 can (14 -1/2 ounces) diced tomatoes
Salt and pepper
1/2 cup packed fresh parsley
1 tablespoon grated orange peel
2 cloves garlic



3.50
Hours



6
Servings



42 Cal





25g
Protein

COOKING

1. Lightly coat beef Shank Cross Cuts with flour. Heat 1-1/2 teaspoons oil in stockpot over medium heat until hot. Brown half of beef shanks on all sides; remove from stockpot. Repeat with remaining 1-1/2 teaspoons oil and shanks. Pour off drippings. Season with salt and pepper, as desired.
2. Add onion, carrot and celery to stockpot; cook and stir 3 to 5 minutes or until vegetables are crisp-tender. Add wine; cook and stir 2 to 3 minutes or until browned bits attached to stockpot are dissolved. Cook an additional 5 to 8 minutes or until most of the liquid has evaporated, stirring occasionally. Stir in tomatoes.
3. Return beef to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 2 to 3 hours or until beef is fork-tender.
4. Meanwhile, prepare Gremolata. Place parsley, orange peel and garlic in food processor or blender container. Cover; process until finely chopped, stopping and scraping side of container as needed. Cover and refrigerate until ready to use.
5. Remove cross cuts. Cut beef from bones; set aside. Skim fat from cooking liquid. Bring cooking liquid to a boil and cook 5 to 10 minutes or until reduced to 2 cups. Season with salt, as desired. Return beef to cooking liquid. Serve with creamy polenta; garnish with Gremolata.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
6		7g	55mg		10g	25g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com