



Ossobuco alla milanese with gremolata

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Medium



4 Servings



30 min.



With this classic recipe from northern Italy, the full aroma of meat and sauce unfolds through slow braising in the oven. With no stress involved - and with an intensive taste.

Recipe for Milan-style veal shank, braised in a fruity vegetable and tomato sauce - with an aromatic herb-seasoning. A true classic of original Italian cuisine.

Ingredients

200 g carrots
200 g celery sticks
1 can ORO di Parma
chopped tomatoes (425 ml)
4 veal shank slices (each approx. 300 g and 3 - 4 cm thick)
1 medium onion
500 ml vegetable bouillon
100 ml dry white wine
1 tbsp. ORO di Parma tomato paste, triple concentration
2 garlic cloves
1/2 bunch flat leaf parsley
1 organic lemon (peel)
2 tbsp. olive oil, extra vergine, salt and pepper from the mill, flour

Step 1: Preparation

Ingredients: Carrots, celery, garlic, salt, pepper

Are you ready to make the favourite dish of many Italians? Fantastico! Then let's get started. Clean and wash the carrots and celery, then dice both. Next peel and dice the onions. You can now peel the garlic. Briefly rinse the parsley and lemon. Shake the parsley dry and pluck the leaves. Dry the Lemon with a tea towel. Wash and dab the veal shank slices dry. Now make a cut all around the skin with a sharp kitchen knife (approx. 2 - 3 times). Season the shank slices with salt and pepper, then turn them in the flour.

Step 2: The ossobuco

Ingredients: Olive oil, tomato paste, onions, vegetables, chopped tomatoes, wine, bouillon

Every Italian knows about ossobuco. And almost every Italian will have their very own ossobuco recipe. From the first time it was mentioned during the 18th century until today, countless versions have been created. One thing they all have in common is that the veal or beef shank is braised in a stock in the oven. The same is true for this ossobuco alla milanese, or "Milan-style", first published in the legendary recipe book written by Artusi Pellegrino - just like ragù alla bolognese. Literally, osso buco means "bones with a hole". And this hole in the shank also contains an important element that contributes to the taste: the bone marrow, which gives the Sauce its Aroma in the braising process. Heat the oven to 200° C (upper and lower heat; gas mark 3). On the hob heat the olive oil in the roasting dish. Sear the seasoned shank slices on both sides and remove them from the dish. Then fry the onions and tomato paste in the fat and add the rest of the vegetables. Now add the chopped tomatoes. After a short time, add the white wine and bouillon.

Step 3: Braising

Ingredients: meat

Now put the meat back in the roasting dish and cover. Place the roasting dish in the pre-heated oven and leave for approx.

1 ½ hours. This is the amount of time needed for all the aromas in the ossobuco to develop.

Step 4: The gremolata

Ingredients: Parsley leaves, garlic

Gremolata - sometimes also known as “gremolada” - is an Italian herb-and-seasoning mixture. It originates from the northern Italian Lombardy region and is the perfect companion to ossobuco. It's very easy to make: Finely chop the parsley leaves and garlic. Finely grate the lemon peel. Mix everything in a small bowl.

Step 5: The final

Ingredients: Meat, ciabatta

Remove the roasting dish from the oven and distribute the slices on the plates with the sauce. Just before serving, sprinkle the gremolata over the meat. A creamy tomato risotto is an excellent Addition to the ossobuco. However, if that sounds like too much work, simply enjoy with ciabatta bread. Buon appetito!

Used products:



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