

Osso Bucco

Serves: 6

Prep time: 20 minutes

Cook time: 6 hours



3 ½ serves per portion

Ingredients

6 pieces osso bucco (cross-cut beef shanks with bone in)
Flour for dusting
1 onion, diced
2 cloves garlic, crushed
¾ cups white wine
3 carrots, diced
1 thin eggplant, diced
2 x 400g tins crushed tomatoes
¼ cup fresh herbs (thyme and parsley or basil and oregano)
Cracked pepper to taste
1 large zucchini, diced
½ cup green beans

To serve (*optional*):

Couscous *OR* mashed potato
Garden salad

Method

DUST osso bucco pieces with flour.

HEAT pan on high then add oil once hot. Brown the osso bucco pieces on both sides then remove from the pan.

ADD the onion and garlic and fry for a few minutes. When the onion has softened add the white wine. Let it sizzle and reduce by about half.

ADD carrots, eggplants, tomatoes and herbs to the pan and season with pepper.

TRANSFER to a slow cooker and cook on low for approximately 6 hours (or cook in oven at 120°C). In the last hour add in the chopped zucchini and whole beans.

SERVE with a side of couscous or mashed potato and a garden salad.



Everyday Food

Recipe courtesy of Tracey Hacon, Nelia Branch