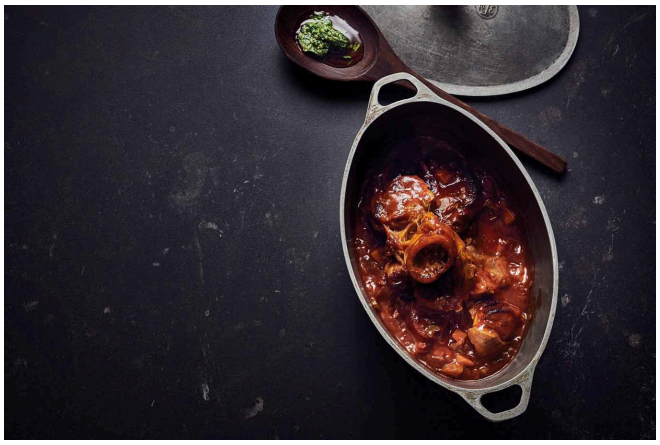
Ossobuco

מתכון מאת V-ZUG Ltd.



braised veal shanks with gremolata

Preparation	50 Mins
Cooking time	2 Hrs
מנות	4
התקן	CombairSteamer V2000 from 2021

Ossobuco

4 veal shanks (each about 250 g)

Some salt

Peanut oil for searing

2 onions, chopped

2 carrots, cut into 5 mm cubes

2 stalks of celery, cut into 5 mm cubes

1 tbsp tomato purée

100 ml white wine

400 ml veal stock

200 g tomato sauce from a jar

1 tbsp cornflour

2 bay leaves

Gremolata

1 bunch of flat-leaved parsley, chopped

1 clove of garlic, chopped

1 unwaxed lemon, zest only

1 tsp cumin powder

5 tbsp olive oil

1 tsp salt

Ossobuco

Score the edges of the meat and sprinkle generously with salt. Heat peanut oil in a casserole, sear the meat on all sides, take it out and set aside.

Reduce the heat, add the onion, carrot and celery and cook over a medium heat until golden brown. Add the tomato purée and cook briefly. Stir the rest of the ingredients up to and including the cornflour together, add to the casserole, together with the bay leaves, and bring to the boil. Put the meat in the casserole and cover completely with sauce.

Cook the meat on a wire shelf in the middle shelf position at 160 °C for 2 hours using the hot air eco mode.

Gremolata

Mix all the ingredients together.

Serving

Spread the gremolata over the ossobuco, then arrange on plates.

Cooking steps

Hot air eco 160 °C for 2 Hrs

עצות

The meat is done when the prongs of the meat fork go in and slide out easily.

אביזרים

Large casserole or frying pan and 2-litre porcelain dish

Wire shelf

מידע נוסף

הופק ביום	26.01.2022