



Classic Milanese Osso Buco Beef

The Italians named osso buco (it translates unglamorously as 'bone with a hole') and they lay claim to the classic osso buco beef recipe

Serves: 4

Prepare: 10 Minutes

Cook: 30 Minutes

Difficulty: easy

Ingredients

- 4 pieces of [osso buco](#)
- 1 small onion, finely chopped
- 1 medium carrot, finely chopped
- 1 stick of celery, finely chopped
- 4 cloves of garlic, left in their paper and lightly squashed
- 200ml dry white wine
- 200ml chicken stock
- a splash of olive oil
- 4 sprigs of thyme
- 1 tbsp plain flour
- a knob of butter
- salt and pepper

For The Gremolata

- finely grated zest of 1 lemon
- 1 clove of garlic, crushed
- a big handful of flat-leaf parsley
- pinch of flaky sea salt

Method

1. Preheat the oven to 140°C fan. Season the flour and use it to coat both sides of the meat. Heat a good glug of oil in a wide-based casserole (ideally you want the meat to lie in a single layer) and brown the osso buco until crispy and golden. Remove from the pan and set to one side.
2. Melt the butter in the pan then add the onion, carrot and celery, sizzling it over a moderate heat until it starts to soften but not brown. Stir in the garlic cloves and thyme.
3. Return the meat to the pan and pour the wine in beside it. Turn up the heat and let the wine bubble up for a minute or so to let it reduce slightly before you add the stock. Bring everything back to a simmer before adding some seasoning, covering the dish and popping it into the oven.
4. Cook for at least 2 hours, making sure you check it every so often to ensure the meat is still covered by liquid. If it's evaporating too quickly you can top it up with a little extra stock or water.
5. To make the gremolata, finely chop the parsley with a large knife or mezzaluna. Mix in the garlic, lemon zest and sea salt until thoroughly combined.
6. Serve the osso buco on top of a bed of saffron-scented risotto with the gremolata on the side.