

DINNER

Braised Osso Bucco with Lemon Feta Crumbles

7 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
255 min	15 min	240 min	8	\$7.25	1,311 kcal



Braised Osso Bucco with Lemon Feta Crumbles might be just the main course you are searching for. One portion of this dish contains approximately 76g of protein, 102g of fat, and a total of 1311 calories. This recipe serves 8.

Ingredients

- ☐ 12 cups beef stock
- ☐ 1 cup dice celery
- ☐ 12 fresh mint leaves
- ☐ 7 pounds lamb osso bucco (shanks)
- ☐ ½ cup merlot
- ☐ 2 tablespoons dice red onion
- ☐ 1 cup dice carrots
- ☐ ½ cup crumbled feta
- ☐ 1 tablespoon minced garlic
- ☐ 1 lemon, zested
- ☐ 1 cup dice red onion
- ☐ 8 servings Salt and pepper

- ☐ 8 servings Starchy side, such as mashed potatoes, for serving
- ☐ 1 cup tomato paste
- ☐ ¼ cup vegetable oil

EQUIPMENT Bowl, Frying pan, Oven, Aluminum foil

Method

- 1 Roll the mint leaves and thinly slice, then in a bowl blend the mint, feta, red onion and lemon zest. Then season with salt and pepper.
- 2 For the osso bucco: Preheat the oven to 350 degrees F. In a heavy-bottomed pan heat the vegetable oil to medium-high heat, then sprinkle the lamb with salt and pepper. Next sear the meat on each side until brown, 2 to 3 minutes per side.
- 3 Add the stock, carrots, celery, onions and tomato paste to the pan. Tightly cover the pan with foil, and cook in the oven for 4 hours.
- 4 Remove the pan from the oven, then check the tenderness of the meat, it should be fork tender. If need be, continue cooking to achieve desired tenderness. Then remove the ribs and save the remaining liquid. Over medium-high heat reduce the braising liquid until the liquid has reduced to 2 cups.
- 5 Serve the osso bucco with mashed potatoes, then drizzle with sauce and finish with feta crumble.

Nutrition per serving

1,311	76 g	102 g	16 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			42.9 g · 268% of daily needs
Fibre			2.6 g · 10% of daily needs
Sugar			8 g · 9% of daily needs
Sodium			1,530 mg · 67% of daily needs
Cholesterol			298 mg · 99% of daily needs
Vitamin C			12 mg · 15% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/braised-osso-bucco-with-lemon-feta-crumbles-148544