



Lamb Osso Buco over Parmesan Polenta

READY IN



45 min.

SERVINGS



9

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black divided freshly ground
- 1 tablespoon butter divided
- 14.5 ounce canned tomatoes diced drained canned
- 1 cup carrots chopped
- 1 cup cooking wine dry white
- 3 cups milk fat-free
- 0.3 cup flour all-purpose
- 0.5 cup flat-leaf parsley fresh chopped
- 3 garlic cloves minced

- 6 garlic cloves minced
- 0.3 teaspoon kosher salt
- 6 ounce lamb shoulder chops trimmed ()
- 1 tablespoon lemon rind grated
- 14 ounce less-sodium beef broth canned
- 2 cups onion chopped
- 3 ounces parmesan cheese fresh grated
- 1 teaspoon salt
- 1.3 teaspoons salt divided
- 3 thyme sprigs
- 3 cups water
- 1.5 cups cornmeal yellow

Equipment

- bowl
- frying pan
- sauce pan
- whisk
- sieve
- ziploc bags
- dutch oven

Directions

- To prepare osso buco, heat a large Dutch oven over medium-high heat. Coat pan with cooking spray.
- Add the onion, carrot, and 6 garlic cloves; saut 7 minutes or until tender.
- Remove onion mixture from pan.
- Place flour in a shallow dish.

- Sprinkle lamb with 1/2 teaspoon salt and 1/4 teaspoon pepper; dredge lamb in flour. Melt 1 teaspoon butter in pan over medium-high heat.
- Add 3 lamb chops; cook 3 minutes on each side or until browned.
- Remove lamb from pan. Repeat procedure twice with remaining butter and lamb.
- Return onion mixture to pan.
- Add wine; cook 4 minutes or until most of liquid evaporates.
- Add 3/4 teaspoon salt, 1/4 teaspoon pepper, thyme, tomatoes, and broth. Return lamb to pan; bring to a boil. Cover, reduce heat, and simmer 1 hour. Uncover and simmer 45 minutes or until lamb is tender.
- Remove lamb from pan; cover and keep warm. Discard thyme sprigs.
- Strain cooking liquid through a sieve into a large bowl, reserving vegetable mixture.
- Place a heavy-duty zip-top plastic bag inside a 2-cup glass measure.
- Pour cooking liquid into bag; let stand 10 minutes (fat will rise to the top of bag). Seal bag; carefully snip off 1 bottom corner of bag.
- Drain liquid into bowl, stopping before fat layer reaches opening; discard fat.
- Add reserved vegetable mixture to liquid.
- To prepare polenta, combine water and milk in a large saucepan; bring to a boil, stirring occasionally. Gradually add cornmeal, stirring constantly with a whisk. Cover and cook over medium heat 10 minutes or until thick, stirring frequently.
- Add cheese and 1 teaspoon salt, stirring until cheese melts.
- To prepare gremolata, combine parsley, rind, 1/4 teaspoon kosher salt, and 3 garlic cloves.
- Serve gremolata over polenta, lamb, and vegetable mixture.

Nutrition Facts



PROTEIN 21.44% **FAT 21.48%** **CARBS 57.08%**

Properties

Glycemic Index:61.06, Glycemic Load:18.06, Inflammation Score:-10, Nutrition Score:19.000869502192%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 7.32mg, Quercetin: 7.32mg, Quercetin: 7.32mg, Quercetin: 7.32mg

Nutrients (% of daily need)

Calories: 276.18kcal (13.81%), Fat: 6.24g (9.6%), Saturated Fat: 2.94g (18.4%), Carbohydrates: 37.32g (12.44%), Net Carbohydrates: 32.51g (11.82%), Sugar: 9.16g (10.18%), Cholesterol: 19.84mg (6.61%), Sodium: 1010.33mg (43.93%), Alcohol: 2.75g (100%), Alcohol %: 0.89% (100%), Protein: 14.02g (28.04%), Vitamin A: 3052IU (61.04%), Vitamin K: 59.78µg (56.94%), Phosphorus: 281.95mg (28.19%), Calcium: 270.1mg (27.01%), Manganese: 0.47mg (23.33%), Vitamin B6: 0.42mg (20.96%), Fiber: 4.8g (19.22%), Potassium: 643.49mg (18.39%), Vitamin C: 14.44mg (17.5%), Magnesium: 67.45mg (16.86%), Vitamin B1: 0.25mg (16.7%), Vitamin B2: 0.27mg (15.78%), Zinc: 2.32mg (15.44%), Vitamin B12: 0.91µg (15.13%), Selenium: 10.57µg (15.1%), Iron: 2.41mg (13.4%), Vitamin B3: 2.61mg (13.04%), Copper: 0.23mg (11.26%), Folate: 43.76µg (10.94%), Vitamin B5: 0.86mg (8.58%), Vitamin D: 0.95µg (6.3%), Vitamin E: 0.89mg (5.91%)