



Osso Buco

 **Gluten Free**  **Dairy Free**

READY IN

ready

205 min.

SERVINGS

servings

6

CALORIES

calories

502 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 3 bay leaves
- ☐ 2 rib celery coarsely chopped
- ☐ 1 pinch pepper red crushed
- ☐ 2 cups cooking wine dry white
- ☐ 1 fennel bulb coarsely chopped
- ☐ 0.3 cup parsley leaves fresh finely chopped
- ☐ 1 small clove garlic minced
- ☐ 3 cloves garlic smashed

- ☐ 2 tablespoons horseradish freshly grated
- ☐ 6 servings kosher salt
- ☐ 6 servings olive oil extra-virgin
- ☐ 1 large onion coarsely chopped
- ☐ 1 orange zest
- ☐ 6 osso buco with string
- ☐ 1 thyme bundle fresh
- ☐ 0.8 cup tomato paste

Equipment

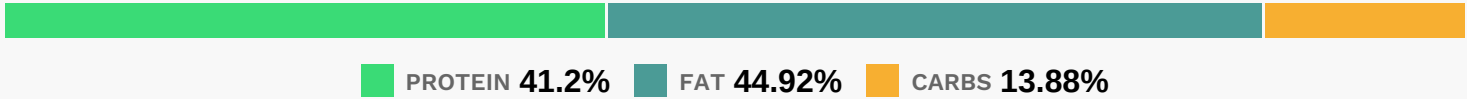
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Season the osso buco generously with salt.
- ☐ Coat a wide, flat pan generously with olive oil. Bring the pan to a high heat and add the osso buco to the pan and brown them very well on all sides.
- ☐ In a food processor puree the onion, celery, fennel, and garlic to a coarse paste. When the osso buco is well browned on all sides, remove from the pan and reserve. Ditch the excess oil from the pan and add a little new oil and bring to a high heat.
- ☐ Add the veggies to the pan with a pinch of crushed red pepper, season with salt, and brown them very well. Do not skimp on this step – it will take awhile, and that's ok.
- ☐ Add the tomato paste and cook until it starts to brown, 3 to 4 minutes.
- ☐ Add the wine and reduce by half.
- ☐ Preheat the oven to 375 degrees F.
- ☐ Return the osso buco to the pan.

- ☐ Add water so the liquid becomes even with top of the meat. Taste the liquid and season with salt if needed.
- ☐ Add in the bay leaves and thyme bundle. Bring the liquid to a boil, cover, and put the whole pan in the oven.
- ☐ Cook the osso buco for 1 hour. Pull the pan out of the oven and check the liquid level and the seasoning.
- ☐ Add more liquid, if needed, return the pan to the oven, and cook for another hour.
- ☐ Remove the lid and cook for 30 minutes.
- ☐ Remove the pan from the oven, remove the osso buco, and hold on a serving platter. Skim the fat off the surface of the sauce, if needed. Taste the sauce and adjust seasoning.
- ☐ Remove the string from the osso buco.
- ☐ Serve the osso buco with sauce spooned over.
- ☐ Garnish with Gremolata.
- ☐ Serve with a demitasse spoon to scoop out the marrow.
- ☐ Combine all ingredients in a small bowl.

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:4.11, Inflammation Score:-8, Nutrition Score:31.698260597561%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg

Nutrients (% of daily need)

Calories: 502.32kcal (25.12%), Fat: 22.2g (34.15%), Saturated Fat: 4.42g (27.62%), Carbohydrates: 15.44g (5.15%), Net Carbohydrates: 11.91g (4.33%), Sugar: 7.8g (8.66%), Cholesterol: 169.5mg (56.5%), Sodium: 691.28mg (30.06%), Alcohol: 8.24g (100%), Alcohol %: 2.43% (100%), Protein: 45.82g (91.63%), Vitamin B3: 18.32mg (91.59%), Vitamin K: 78.29µg (74.56%), Zinc: 9.54mg (63.62%), Vitamin B6: 1.18mg (59.15%), Vitamin B12: 3.07µg (51.23%), Phosphorus: 506.84mg (50.68%), Vitamin B2: 0.7mg (40.94%), Potassium: 1337.55mg (38.22%), Vitamin B5: 3.16mg (31.59%), Selenium: 20.52µg (29.32%), Vitamin C: 21.92mg (26.57%), Vitamin E: 3.69mg (24.59%), Magnesium: 82.28mg (20.57%), Iron: 3.61mg (20.04%), Manganese: 0.37mg (18.57%), Copper: 0.34mg (17.07%), Vitamin A: 788.93IU (15.78%), Folate: 61.51µg (15.38%), Vitamin B1: 0.23mg (15.12%), Fiber: 3.53g (14.1%), Calcium: 103.68mg (10.37%)