

DINNER

Osso Buco Milanese

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
130 min	10 min	120 min	4	\$10.81	1,178 kcal

Osso Buco Milanese might be a good recipe to expand your main course repertoire. One serving contains 1536 calories, 67g of protein, and 44g of fat. This recipe serves 4. For \$10.81 per serving, this recipe covers 53% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 2 cups Arborio rice

☐ 2 tablespoons butter

☐ ½ cup carrots, chopped

☐ 8 cups chicken broth

☐ ½ cup flour

☐ 2 garlic cloves, minced

☐ 1 cup dry Marsala

☐ 3 tablespoons olive oil

☐ 1 Grated rind of orange

☐ 2 tablespoons fresh Italian parsley, chopped

☐ 3 pinches saffron threads

☐ 2 tomatoes, peeled, seeded and chopped
- ☐ 2 bay leaves

☐ 3 tablespoons butter

☐ ½ cup celery, chopped

☐ 2 cups veal or chicken stock

☐ 4 cloves garlic, coarsely chopped

☐ 1 Grated rind of lemon

☐ 2 tablespoons olive oil

☐ 1 onion, chopped

☐ 3 tablespoons Parmesan cheese, grated

☐ 3 tablespoons fresh Italian parsley, finely chopped

☐ 4 servings Salt and pepper, to taste

☐ 4 pieces veal shank with bone, cut 3 inches thick

EQUIPMENT Bowl, Frying pan, Sauce pan, Dutch oven

Method

- 1 In a large shallow platter, season flour with salt and pepper. Dredge the veal shanks in the mixture and tap off any excess. In a large heavy skillet or Dutch oven, over medium flame, heat the oil and butter. Sear the shanks on all sides, turn bones on sides to hold in marrow.
- 2 Add more oil and butter if needed.
- 3 Remove the browned veal shanks and set aside.
- 4 Add onion, celery, carrots, garlic, bay leaves and parsley to the pan and cook until softened. Season with salt and pepper. Raise the heat to high, add the wine and deglaze the pan. Return the shanks to the pan, add the stock and tomatoes, drizzle with olive oil. Reduce the heat to low, cover and cook for about 1 1/2 hours or until the meat is tender. Baste the meat a few times during cooking.
- 5 Remove the cover, continue to simmer for 10 minutes to reduce the sauce a bit.
- 6 For gremolata: combine all ingredients together in a small bowl. Strew the gremolata over the osso buco before serving.
- 7 Serve osso buco with Saffron Risotto.
- 8 In a saucepan, bring chicken broth to a simmer. Keep warm over low heat.
- 9 In a large saute pan, melt butter over medium heat.
- 10 Add oil and rice and cook for 2 minutes, stirring to coat each grain. When rice begins to make a crackling sound, add saffron threads.
- 11 Add 1 cup of the warm chicken broth and cook, stirring, until the rice has absorbed the liquid.
- 12 Add the remaining broth, 1 cup at a time. Continue to stir, allowing the rice to absorb each addition of broth before adding more. Test the rice for doneness, it should be al dente but creamy.
- 13 Remove risotto from heat, add grated cheese, salt and pepper.
- 14 Serve at once with Osso Buco Milanese.

Nutrition per serving

1,178
KCAL

61 g
PROTEIN

44 g
FAT

116 g
CARBS

Saturated Fat	15.1 g · 94% of daily needs
Fibre	5.9 g · 23% of daily needs
Sugar	12.5 g · 14% of daily needs
Sodium	2,509 mg · 109% of daily needs
Cholesterol	223 mg · 74% of daily needs
Vitamin C	26.7 mg · 32% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/osso-buco-milanese-148263