




Osso Buco with Gremolata


 Dairy Free

READY IN




175 min.

SERVINGS



6

CALORIES



367 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 15 ounce canned tomatoes diced canned
- 1 large carrots chopped
- 2 small ribs celery and leafy tops chopped
- 2 cups chicken stock see
- 6 servings top for serving
- 1 cup cooking wine dry white
- 3 tablespoons evoo
- 1 teaspoon fennel seeds

- 0.3 cup flat-leaf parsley leaves finely chopped
- 2 tablespoons flour all-purpose
- 2 large bay leaves fresh
- 3 tablespoons rosemary fresh chopped
- 2 tablespoons thyme leaves fresh chopped
- 4 cloves garlic sliced
- 1 juice of orange with 1 strip unzested, peel reserved
- 1 lemon zest
- 1 onion chopped
- 0.3 cup pistachios toasted
- 1 teaspoon pepper flakes fresh red halved seeded
- 1 healthy pinch saffron threads
- 6 servings salt and pepper black freshly ground
- 2 tablespoons tomato paste
- 4 to 6 veal shanks with kitchen string

Equipment

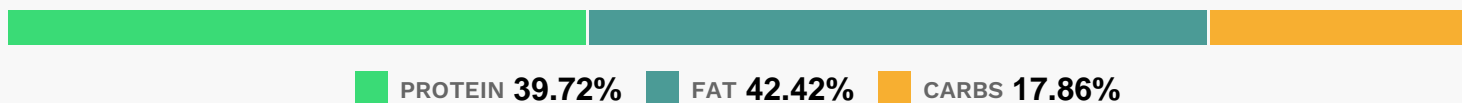
- bowl
- oven
- whisk
- pot
- stove
- dutch oven
- kitchen twine

Directions

- For the osso buco: Preheat the oven to 375 degrees F.
- Heat the EVOO in a large Dutch oven over medium-high to high heat.

- Sprinkle the shanks with salt and pepper and brown all over, turning occasionally, 12 to 15 minutes.
- Transfer to a large plate.
- Stir the garlic, celery, carrots, onions and fennel seeds into the pot, 3 to 4 minutes.
- Add the rosemary, thyme, tomato paste and bay leaves, sprinkle with salt and pepper and stir 1 minute.
- Sprinkle the flour over the vegetables and stir 1 minute, then pour in the wine and deglaze the pot, scraping and stirring 1 minute longer.
- Add the chicken stock and saffron, followed by the tomatoes.
- Add the orange peel, juice and chile. Scrape down the pot and add the meat back into the pot. Cover and transfer to the oven. Cook, turning the meat once about halfway through, 2 hours.
- For the gremolata: When the meat is about ready to come out of the oven, combine the orange zest on aboard with the lemon zest. Finely chop the parsley and combine with zest and the chopped or processed nuts.
- Transfer the shanks to a platter and cut off the kitchen string. Split the crusty bread and warm through in the oven. Fish the bay leaves out of the sauce and place the Dutch oven back on the stove over medium-high heat.
- Whisk the sauce to combine and thicken, 4 to 5 minutes.
- Serve the shanks in shallow bowls topped with the chunky sauce and gremolata.
- Serve the crusty bread on the side for mopping.

Nutrition Facts



Properties

Glycemic Index:100.06, Glycemic Load:4.13, Inflammation Score:-10, Nutrition Score:25.064782723137%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epigallocatechin 3-gallate: 0.02mg,

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg
Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.36mg, Hesperetin:
1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg,
Naringenin: 0.61mg Apigenin: 5.84mg, Apigenin: 5.84mg, Apigenin: 5.84mg, Apigenin: 5.84mg Luteolin: 1.27mg,
Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin:
0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol:
0.24mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 3.96mg,
Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg

Nutrients (% of daily need)

Calories: 366.94kcal (18.35%), Fat: 15.88g (24.43%), Saturated Fat: 3.19g (19.92%), Carbohydrates: 15.04g (5.01%),
Net Carbohydrates: 12.45g (4.53%), Sugar: 5.19g (5.77%), Cholesterol: 115.4mg (38.47%), Sodium: 314.01mg
(13.65%), Alcohol: 4.12g (100%), Alcohol %: 1.23% (100%), Protein: 33.46g (66.91%), Vitamin B3: 13.32mg (66.59%),
Vitamin A: 2549.38IU (50.99%), Vitamin K: 51.95µg (49.47%), Vitamin B6: 0.92mg (46.18%), Zinc: 6.55mg (43.65%),
Phosphorus: 373.93mg (37.39%), Vitamin B12: 2.05µg (34.15%), Vitamin B2: 0.55mg (32.52%), Potassium:
867.83mg (24.8%), Selenium: 15.95µg (22.78%), Vitamin C: 18.38mg (22.28%), Vitamin B5: 2.16mg (21.63%), Vitamin
B1: 0.26mg (17.43%), Manganese: 0.34mg (17.16%), Iron: 2.86mg (15.87%), Magnesium: 62.08mg (15.52%), Copper:
0.3mg (15.05%), Folate: 55.84µg (13.96%), Fiber: 2.59g (10.35%), Vitamin E: 1.54mg (10.24%), Calcium: 84.81mg
(8.48%)