

## Ossobucco

READY IN



165 min.

SERVINGS



6

CALORIES



165 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 10 g the following: parmesan rind) dried
- ☐ 6 veal knuckle bones thick cut with marrow. ask your butcher for hind quarter shin bones ( 4cm thick), as they're meatier and more tender than the front ones
- ☐ 1 small handful flour plain
- ☐ 50 g butter unsalted
- ☐ 3 tbsp olive oil
- ☐ 1 large carrots diced
- ☐ 1 large celery stalks diced trimmed
- ☐ 200 ml wine dry white

- ☐ 225 ml tomatoes
- ☐ 1 tsp marigold swiss vegetable bouillon powder dissolved in 250ml/9fl oz hot water

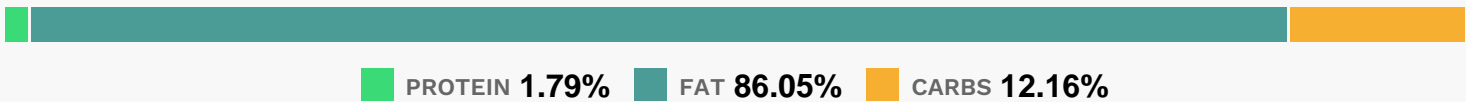
## Equipment

- ☐ frying pan

## Directions

- ☐ Soak the porcini for at least 15 minutes in 200ml/7fl oz boiling water. Don't remove the membrane that holds the veal together, but trim off any obviously fatty or lumpy bits. Dust both sides of the meat with the seasoned flour.
- ☐ Heat the butter and oil in a very large flameproof saut pan or casserole over a medium-high heat. When the sizzling stops, put in the veal and fry the slices for 2-3 minutes on each side until golden brown.
- ☐ Transfer the meat to a plate.
- ☐ Replace the pan over a low to medium heat and tip in the carrot and celery. Gently fry for 5 minutes until the vegetables have slightly softened, then raise the heat and pour in the wine. Bubble the wine furiously for 2 minutes, then remove the pan from the heat.
- ☐ Fish the softened porcini out of the soaking liquid, squeeze out the excess moisture and reserve it. Chop the porcini roughly and add to the saut pan, together with the soaking liquid.
- ☐ Add the sugocasa or passata and stock, then stir.
- ☐ Put the veal back into the pan in a single layer, cover and bring to the boil. Immediately reduce the heat and simmer very gently for 2 hours, turning the veal slices halfway, until the meat is very soft. The liquid should reduce to a thickish sauce, but if its still thin after 1 -1 hours, half remove the lid to allow evaporation.
- ☐ Serve with the grain 'risotto' (see link, right).

## Nutrition Facts



## Properties

Glycemic Index:34.47, Glycemic Load:0.85, Inflammation Score:-9, Nutrition Score:5.1691304354564%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 164.87kcal (8.24%), Fat: 13.88g (21.36%), Saturated Fat: 5.28g (32.97%), Carbohydrates: 4.41g (1.47%), Net Carbohydrates: 3.59g (1.3%), Sugar: 1.62g (1.8%), Cholesterol: 17.95mg (5.98%), Sodium: 99.63mg (4.33%), Alcohol: 3.48g (100%), Alcohol %: 4.98% (100%), Protein: 0.65g (1.3%), Vitamin A: 2412.69IU (48.25%), Vitamin E: 1.42mg (9.45%), Vitamin K: 8.59µg (8.18%), Copper: 0.11mg (5.43%), Manganese: 0.11mg (5.35%), Vitamin C: 4.02mg (4.88%), Vitamin B5: 0.45mg (4.46%), Potassium: 149.42mg (4.27%), Vitamin B6: 0.07mg (3.5%), Fiber: 0.83g (3.3%), Vitamin B3: 0.56mg (2.8%), Magnesium: 10.07mg (2.52%), Vitamin B2: 0.04mg (2.5%), Folate: 9.78µg (2.44%), Phosphorus: 24.26mg (2.43%), Vitamin B1: 0.03mg (1.7%), Zinc: 0.25mg (1.64%), Iron: 0.27mg (1.52%), Selenium: 1.05µg (1.5%), Vitamin D: 0.19µg (1.27%), Calcium: 12.11mg (1.21%)