



Pressure Cooker Osso Buco Milanese

 Dairy Free

READY IN



105 min.

SERVINGS



4

CALORIES



235 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 bay leaves
- 4 servings pepper black freshly ground
- 14 ounce canned tomatoes crushed canned
- 1 medium carrots peeled cut into small dice
- 1 medium celery stalks
- 0.5 cup wine dry white
- 0.5 cup flour all-purpose
- 2 medium garlic clove finely chopped

- 4 servings kosher salt
- 1 medium lemon zest finely grated
- 1 cup beef broth low-sodium
- 3 tablespoons olive oil
- 0.3 cup flat parsley italian finely chopped
- 1 tablespoon tomato paste
- 1 medium onion yellow

Equipment

- bowl
- paper towels
- whisk
- baking pan
- wooden spoon
- stove
- pressure cooker

Directions

- Place the flour in a large baking dish, season generously with salt and pepper, and whisk to combine. Pat the veal shanks dry with paper towels and season on all sides with the measured salt and pepper.
- Place the shanks in the flour mixture and turn to coat all sides. Discard any remaining flour.
- Heat the oil in a 6-quart stovetop pressure cooker over medium heat until shimmering.
- Add 2 of the shanks and cook, turning occasionally, until browned on all sides including the edges, about 7 minutes.
- Remove to a large plate and repeat with the remaining 2 shanks. Increase the stovetop heat to medium high, add the garlic, carrot, celery, onion, and tomato paste, season with salt and pepper, and stir with a wooden spoon to combine. Cook, stirring occasionally, until the tomato paste is no longer raw-tasting, about 1 to 2 minutes.

- Add the wine and cook, scraping up the browned bits from the bottom of the pressurecooker, until the liquid thickens and reduces by about three-quarters, about 5 minutes.
- Add the tomatoes, broth, and bay leaves and stir to combine. Return the shanks and any accumulated juices on the plate to the pressure cooker, turn to coat the shanks in the liquid, and arrange them in an even layer (it's OK if the shanks overlap a little). Lock the lid in place and bring the cooker to high pressure over high heat. Reduce the stovetop heat to medium and cook the shanks for 30 minutes, adjusting the heat as necessary to maintain a visible, steady stream of escaping steam.
- Place the parsley, garlic, and lemon zest in a medium bowl and season generously with salt and pepper. Rub the mixture between your fingers to combine the ingredients, releasing the oils from the lemon zest to coat the parsley and garlic, about 1 minute; set aside. To finish: Carefully quick-release any pressure left in the pressure cooker, then remove the lid (keep your face away from the escaping steam).
- Transfer the shanks to a large, shallow serving dish and pour the sauce over them.
- Sprinkle with all of the gremolata and serve immediately.

Nutrition Facts

■ PROTEIN **9.19%** ■ FAT **44.57%** ■ CARBS **46.24%**

Properties

Glycemic Index: 93.21, Glycemic Load: 12.29, Inflammation Score: -9, Nutrition Score: 16.017391204834%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 8.12mg, Apigenin: 8.12mg, Apigenin: 8.12mg, Apigenin: 8.12mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg

Nutrients (% of daily need)

Calories: 235.17kcal (11.76%), Fat: 11.06g (17.02%), Saturated Fat: 1.54g (9.64%), Carbohydrates: 25.83g (8.61%), Net Carbohydrates: 22.09g (8.03%), Sugar: 7.2g (8%), Cholesterol: 0mg (0%), Sodium: 483.28mg (21.01%), Alcohol: 3.09g (100%), Alcohol %: 1.45% (100%), Protein: 5.13g (10.26%), Vitamin K: 76.31µg (72.67%), Vitamin A: 3147.46IU (62.95%), Vitamin C: 20.38mg (24.71%), Manganese: 0.44mg (22.1%), Vitamin E: 3.08mg (20.51%), Potassium:

611.78mg (17.48%), Vitamin B1: 0.23mg (15.41%), Fiber: 3.73g (14.94%), Iron: 2.68mg (14.9%), Folate: 56.8µg (14.2%), Vitamin B6: 0.26mg (12.99%), Vitamin B3: 2.54mg (12.72%), Copper: 0.25mg (12.55%), Vitamin B2: 0.16mg (9.6%), Selenium: 6.53µg (9.32%), Magnesium: 35.36mg (8.84%), Phosphorus: 75.76mg (7.58%), Calcium: 62.96mg (6.3%), Vitamin B5: 0.47mg (4.71%), Zinc: 0.59mg (3.92%)