



100% Grass Fed Beef and Natural Vegetables
Yoder, WY
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Osso Buco made with Grass fed Beef Shank Serves 3-6

Total Cooking Time: 6-8 hours Prep Time: 30 minutes Finish Time: 10-15 minutes

This is one of my all-time favorite winter meals. Strictly speaking, Osso Buco is made with veal shank, but beef or lamb shanks also serve to make a fine Osso Buco dish. Here, we use Meadow Maid Foods beef shank.

I typically make this recipe as a week-night, simple braising dish without the traditional topping of Gremolata and side of risotto parmigiano. However, I include instructions for both if you want to go all-out (not included in prep and finish time, above). Usually, we serve our Osso Buco with simple egg noodles or mashed potatoes to catch the sauce.

Ingredients

- 1-2 packages Meadow Maid Foods beef shank (1 package serves 3, 2 packages serves 6).
- 3 Tbsp. butter
- 3 Tbsp. olive oil
- 2 medium onions, peeled and chopped
- 2 celery stalks, thinly sliced
- 2 carrots, thinly sliced
- 2 garlic cloves, peeled and chopped
- 2 Tbsp. tomato paste
- 1 cup white wine
- 1 cup beef or chicken broth
- 1 28-oz. can of Italian crushed Tomatoes, with juice
- 1 Sprig fresh rosemary, leaves removed and finely minced
- 1 sprig fresh thyme, leaves removed and finely minced
- 1 tsp dried oregano
- 1 small dried bay leaf
- 2 Tbsp. fresh parsley, chopped
- salt and pepper, to taste
- splash of balsamic vinegar

Method

Optional, but necessary for impressive presentation: With some kitchen twine, tie the shanks around the middle so they keep their shape as the cook.

Season the shanks with salt and pepper.

In a Dutch Oven, heat the butter and olive oil until hot. Add the shank, but don't overcrowd, and cook over moderately high heat until browned on both sides. Remove to a plate and set aside.

Add the onions, celery, and carrots to the pan and sauté until the vegetables begin to soften, 5-10 minutes. Add the garlic, and cook just until the garlic releases its aroma.

Add the tomato paste and give it a stir while cooking for about 1 minute. Add the white wine, broth, tomatoes with their juice, rosemary, thyme, oregano, bay leaf, parsley, salt and pepper, and balsamic vinegar. Return the shanks to the pan. Cover and place the Dutch Oven in a 250° oven for 6-8 hours.

About 30-40 minutes before serving, cook egg noodles, mashed potatoes, or risotto parmigiano.

About 10 minutes before serving, remove the shanks to a serving platter, cut off the twine (if you tied them), and cover loosely to keep warm. Discard bay leaf.

If your sauce is thin, return the Dutch Oven to the stove. Bring the sauce to a rapid boil, stirring occasionally. Boil for about 5 minutes or until the sauce reduces a bit and thickens. Adjust seasonings to taste.

While the sauce is cooking, make the optional gremolata. When the sauce is ready, spoon it over the shanks and sprinkle the gremolata evenly over the top. Serve with the noodles, potatoes, or rice.

Be sure to savor the marrow along with the shank.

Gremolata

¼ cup fresh parsley
1 large clove of garlic
zest of one lemon

Place parsley, lemon zest and garlic on a cutting board and mince everything together so that you have a fine mixture.

Risotto Parmigiano

6 cups hot, simmering chicken broth
5 Tbsp. butter (2 + 3)
¼ cup minced shallots
1 ½ cups Arborio rice
½ cup dry white wine
2/3 cup freshly grated Parmesan cheese

Heat 2 Tbsp. butter in a heavy 3-quart pan and cook the shallots over medium heat until translucent. Add the rice. Stir with a wooden spoon to coat the rice evenly with the butter. Add ½ cup of the hot broth. Keeping the mixture simmering, stir the rice constantly while it absorbs the broth. As soon as the stock is absorbed, add another ½ cup of stock. Continue to add broth, stir and cook until the rice is tender yet firm and creamy, about 20-25 minutes. Remove pan from heat and stir in remaining butter and the parmesan.