

 **Preparation:** 20 mins  
**Cooking:** 2–2½ hrs

 **Serves:** 4

 **Difficulty:** easy



# Beef osso buco

Osso buco is a classic Italian dish traditionally made with veal, but our version swaps in beef shanks for a heartier twist. Slow-cooked to tender perfection in a divine white wine sauce, the beef becomes meltingly soft, while the bone marrow adds a rich depth of flavour.

## INGREDIENTS

- 4 beef shanks, about 3–4 cm thick (bone-in)
- Salt and black pepper, to taste
- 2 tbsp plain flour
- 3 tbsp olive oil
- 2 medium onions, finely chopped
- 2 celery sticks, finely chopped
- 4 garlic cloves, finely chopped
- 250ml white wine
- 400g fresh cherry tomatoes
- 250ml beef stock
- 1 bay leaf
- 1 sprig of fresh thyme (or 1 tsp dried thyme)
- 1 sprig of fresh rosemary

## RECIPE

1. Season the beef shanks with salt and black pepper. Cover all sides with plain flour, shaking off any excess.
2. Warm the olive oil in a large saucepan over a medium-high heat. Add the beef and sear until golden brown, about 4–5 minutes per side. Remove and set aside.
3. Using the same pan, lower the heat to medium and add the chopped onion and celery. Sauté for about 5 minutes until soft, stirring occasionally. Add the garlic and fry for another 1–2 minutes.
4. Deglaze with the wine, scraping up any browned bits from the bottom and sides of the pan. Let the wine simmer for a few minutes until it reduces by half.
5. Add the tomatoes, beef stock, bay leaf, thyme and rosemary.
6. Return the beef shanks to the pan, nestling them into the liquid. Bring to a simmer, then lower the heat and cover the pan. Slow-cook for about 2–2.5 hours, until the meat is tender and almost falls off the bone.
7. Check the seasoning and adjust if needed.

Serve with creamy mashed potatoes, polenta, gnocchi or – as Italians traditionally enjoy this comforting dish – with risotto alla Milanese. And don't forget some crusty bread to mop up the delicious sauce!

