

# Italian Osso Buco



1 portion

## Ingredients

200 gm	1 piece of veal osso buco (from hind leg, 3 cm thick)
Trace	Salt
Trace	Pepper
10 gm	Flour
5 gm	Olive Oil
80 gm	Onions (finely chopped)
125 ml	Tomatoes (pureed)
125 ml	Dry White Wine
125 ml	Chicken stock
1 clove	Garlic (pasted)
20 gm	Parsley (chopped)
	Salt Pepper

## Method

- Season Osso buco with salt and pepper and coat with flour.
- Heat oil in a heavy based sauté pan and add osso buco to the hot oil. Remove the meat when lightly coloured.
- Sauté the onion in the pan and cook without colour.
- Arrange the Osso buco on top of the onions; add the pureed tomatoes, dry white wine and chicken stock. The meat should be  $\frac{3}{4}$  covered.
- Bring to the boil and slowly simmer, covered for 90 minutes. (Can be placed in the oven)
- After 90 minutes add the garlic and simmer for a further 30 minutes or until the meat is very tender.
- Finish with chopped parsley and season as required.
- Serve with soft polenta (see recipe below).