

STRAUSS®  
free raised veal



Strauss *Free Raised*® Veal Osso Buco with  
Saffron Risotto

## Osso Buco ingredients

*prep time: 30 min • cook time: 2 hrs • serves 4*

4 veal shanks ( $\frac{3}{4}$  to 1 lb each) tied with butcher twine

1 sm Spanish onion, peeled, sm dice	$\frac{1}{4}$ cup Italian Parsley, chopped
2 celery stalks, sm dice (1/2" dice)	2 tablespoons lemon zest, minced
3 small carrots, sm dice (1/2" dice)	3 bay leaves
$\frac{1}{4}$ cup pure or extra-virgin olive oil	3 whole cloves
2 tablespoons unsalted butter, divided	1 cinnamon stick
1 $\frac{1}{2}$ cups white or red wine	12 cloves garlic, whole, unpeeled
3 $\frac{1}{2}$ cups beef or chicken stock	2 cloves garlic, minced
$\frac{1}{2}$ cup all purpose flour	2 tbsp tomato paste ( <i>optional</i> )
3 sprigs rosemary	Kosher or sea salt, to taste
6 sprigs thyme	fresh cracked black pepper, to taste

## Risotto ingredients

*prep time: 10 min • cook time: 20 min • serves 4*

1 cup white wine	1 medium sized shallot, minced
All-purpose flour	Safron to taste
1 cup Arborio rice	2 tablespoons unsalted butter
3 cups chicken stock	2 oz extra virgin olive oil
1/3 cup Grana Padano or Parmigiano Reggiano, freshly grated	

## Risotto directions

- 1 Place a medium sized pot over medium heat, add half of the oil and butter with the shallot. Cook the shallot until translucent.
- 2 Add the rice and sauté one minute, add the white wine and cook until completely evaporated.
- 3 Add 1 cup of chicken stock and reduce, constantly stirring with a wooden spoon. Repeat with the next 2 cups of chicken stock, adding in a few pinches of saffron. This process should take 20 minutes and the rice should have absorbed most of the liquid, leaving a creamy looking risotto base.
- 4 To finish the risotto, take off the heat, add the remaining olive oil, butter and all of the grated cheese stirring in with the wooden spoon.

# Strauss *Free Raised*<sup>®</sup> Veal Osso Buco with Safron Risotto

**STRAUSS**<sup>®</sup>  
free raised veal

## Osso Buco directions

- 1 Heat oven to 325 degrees. At the same time place a medium sized braising pan (roasting pan) over medium-high heat.
- 2 Add the olive oil to the pan and heat until smoking.
- 3 Season the veal shanks with kosher salt and black pepper, then dredge in flour, shaking of the excess.
- 4 Add the veal shanks to the pan and sauté on all sides until browned on all sides about 7 minutes, adding 1 tablespoon of the butter the last minute of sautéing.
- 5 Remove the shanks, add the celery, onion, carrots and whole garlic to the pan. Turn the heat down to medium and sauté for about 3 minutes. Next add the mushrooms and sauté for 5-7 minutes more. Now add the tomato paste, mixing it in well, continue to sauté for 2-3 minutes.
- 6 Add the white wine, cinnamon stick, cloves, bay leaves, thyme, rosemary, and potatoes. Reduce the wine down by half then add the stock. Turn down the heat to medium-low. Bring to a simmer, cover the pan and place in the oven.
- 7 Cook the shanks for about 1 ½ -2 hours in the oven, turn the veal every 25 minutes. Remove from the pan from the oven. Remove the shanks from the liquid and hold to the side.
- 8 Place the pan back over medium heat and reduce. Strain and season the sauce with kosher salt and black pepper and finish with the remaining butter.
- 9 Take the shanks and remove the meat from the bone in large chunks, place into the strained sauce.
- 10 Take the bones and scoop out any marrow from inside and add to the sauce.

Now take the minced garlic, minced lemon zest and chopped parsley and mix together in a small bowl. Place some risotto on a plate, spoon over some of the osso bucco with the sauce. Serve and enjoy!

*Recipe courtesy of Adam Siegel, Executive Chef, Bartolotta Restaurants, Midwest James Beard winner.*

*Suggested wine: Sangiovese*