



## Osso Buco Milanese with Saffron Risotto

**Overview**

**Difficulty:** Easy

**Servings:** 2

**Preparation Time:** 40 mins

**Cooking Time:** 100 mins

## Ingredients

### Osso Buco Milanese

150ml White Wine

500ml Chicken Stock

1 Bay Leaf

1 Sprig Rosemary

2 Cut Veal Shanks (about 250g each)

25g Garlic

40g Shallots

80g Celery

100g Cherry Tomatoes

100g Plain Flour

100g White Onions

150g Carrots

2 Tablespoons Butter

To Taste Salt

To Taste White Pepper

### Gremolata

1 Lemon's Zest

10g Garlic

20g Fresh Italian Parsley

2 Tablespoons Extra Virgin Olive Oil

### Saffron Risotto

80ml White Wine

2L Chicken Stock

30g White Onions

100g Carnaroli or Arborio Rice

2 Tablespoons Butter

2 Tablespoons Cooking Oil

A Pinch of Saffron

# 1. Methods for Osso Buco

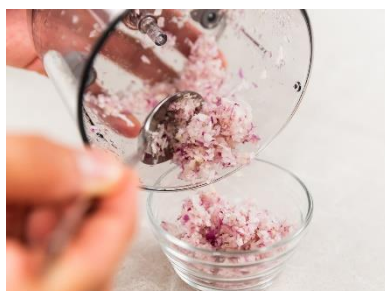
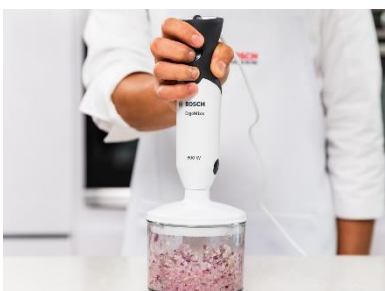
## Step 1

Prepare carrots, celery and white onions by peeling and cutting them into cubes, and cut cherry tomatoes into halves.



## Step 2

Using a hand blender, blend garlic and shallots separately until finely chopped.



### Step 3

Preheat oven to 200°C with '4D Hot Air' mode.



### Step 4

Season veal shanks with salt and pepper, and coat with plain flour evenly, dusting off excess.



### Step 5

Heat butter in a pan and sear meat on both sides until brown. Remove meat from pan and set aside.





### Step 6

In the same pan, fry the carrots, white onions, celery, cherry tomatoes, chopped garlic, chopped shallots, bay leaf and rosemary.



### Step 7

Fry till the chopped garlic and shallots are brown and soft, and season with salt and pepper.



### Step 8

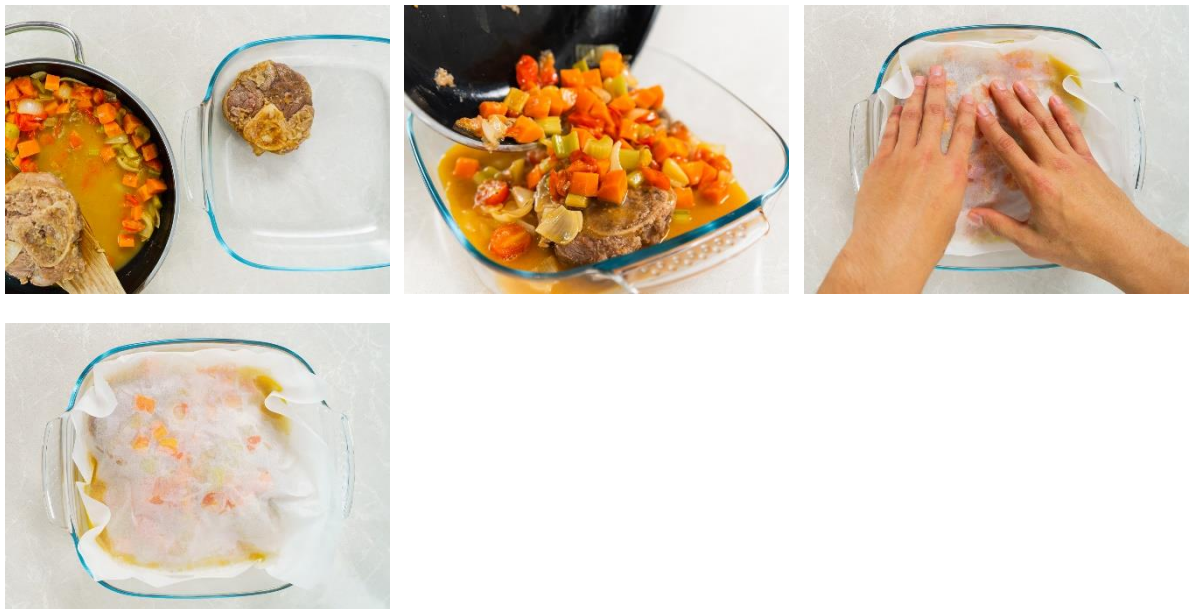
Deglaze with white wine, then add chicken stock and the fried veal shanks.



### Step 9

Once boiling, transfer to a medium sized baking dish and cover the dish with baking paper.

Tip: Covering the dish with baking paper helps retain flavour and moisture, and ensures that all ingredients are in contact with the stew.



### Step 10

Cook in the oven for about 90 minutes or until meat is tender.



## 2. Methods for Gremolata

### Step 11

Using a MultiTalent Food Processor, blend the garlic and parsley until finely chopped.



### Step 12

Add in lemon zest, and extra virgin olive oil. Mix well and set aside.





### 3. Methods for Saffron Risotto

#### Step 13

In a hand blender, chop white onions. Fry the chopped onions in a pan until soft.



#### Step 14

Add in carnaroli rice and saffron.



#### Step 15

Deglaze with white wine and add in a scoop (about 30ml) of chicken stock. Stir well to release starch.



### Step 16

Add in a scoop of chicken stock at about 3 minute intervals. Repeat this for about 4 – 5 times and cook the rice for about 12 – 25 minutes until rice expands and stock reduces.



### Step 17

Add butter and mix well.



### Step 18

Enjoy the Osso Buco with the saffron risotto and gremolata.

