

Jeff's Osso Bucco

Serves 2 - 3

Prep Time - 30 Minutes

This is an incredibly rich and tasty dish. Serve with a salad and Nishiki brown or white rice or some crusty bread.

Equipment Required

Dutch Oven with a tight fitting lid. A transparent lid is preferable so you can keep an eye on the liquid level while the shanks are cooking.

Main Ingredients

- 3 Blue Heron Acres Beef Shanks
- 1 medium onion
- 1 medium bell pepper (any color)
- 1 medium hungarian pepper
- 2 medium carrots
- 4 small tomatoes
- 2 cups beef stock
- 1 cup dry red wine
- 3 Tbsp. fresh parsley
- 2 Tbsp. fresh cilantro
- 3 cloves of garlic
- Salt and pepper to taste

Prep Work

1. Finely chop the onions, peppers, and carrots and set aside.
2. Chop the tomatoes roughly and set aside.
3. Chop the garlic finely, and set aside.
4. Chop the herbs and set aside.

Assembly

5. Preheat the oven to 450° F.
6. Over medium heat, brown the shanks on both sides and remove from the pan.
7. Add the onion, carrots, and peppers to the pan and saute over medium-low heat until soft - about 10 - 12 minutes.
8. Add the garlic and herbs and saute until the garlic just starts to soften - 2 - 3 minutes or so.
9. Add the beef shanks back to the pan. Scoop out some ingredients so that the shanks are on the bottom of the pan and place the vegetable mixture back on top of the shanks.
10. Add the beef stock and red wine.
11. Sprinkle salt and pepper over the ingredients.
12. Cover tightly with a lid and place in the oven.
13. Turn the oven down to 300° F. and cook for 3.5 hours. Keep an eye on the liquid level and make sure it does not evaporate. Add more liquid if necessary. A tight fitting lid really makes a difference.



Blue Heron Acres

American Wagyu Beef

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