

Osso Bucco

Serves 4

Prep and Cook Time - 45 minutes

Main Ingredients

- 4 Blue Heron Acres Beef Shanks
- 1 medium onion
- 2 medium carrots
- 1 large stalk of celery
- 3 mushrooms
- 3 cloves of garlic
- 4 oz olive oil
- 3 tablespoons of tomato paste
- 2 tablespoons of corn starch
- 2 tablespoons fresh parsley
- 1 tablespoon rosemary
- 2 cups beef stock
- 8 ounces red wine
- 4 ounces peas

Prep Work & Assembly

1. Finely chop all the vegetables and set aside.
2. Heat oil in a large pot and brown the shanks on both sides. Remove from the pot and set aside.
3. Add all the chopped vegetables to the pot and cook over medium heat, stirring frequently, until slightly brown.
4. Add the beef shanks back to the pot
5. Add the beef stock, salt and pepper, cover and simmer for 2.5 hours.
6. Mix tomato paste, wine, and cornstarch and add to the pot.
7. Simmer for 25 minutes until the sauce thickens and the meat is ready to fall off the bone.
8. Add the peas, rosemary, and parsley and simmer for an additional 5-10 minutes.



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American Wagyu Beef

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