

Treasure Barrel

Beef Osso Bucco Recipe

Slow-cooked beef shin braised in savory broth until fall-off-the-bone tender.

20 min Prep time	**3 h** Cook time	**3 h 20 min** Total time
4 Servings	**Medium** Difficulty	**Italian** Cuisine

Ingredients

For the Beef

- [ ] 4 beef shin bones (about 2 inches thick)
- [ ] 1/2 cup all-purpose flour
- [ ] 2 tablespoons olive oil
- [ ] Salt and freshly ground black pepper

Aromatics and Vegetables

- [ ] 1 large onion, finely chopped
- [ ] 2 carrots, peeled and finely chopped
- [ ] 2 celery stalks, finely chopped
- [ ] 4 cloves garlic, minced
- [ ] 2 tablespoons tomato paste

Cooking Liquid and Herbs

- [ ] 1 cup dry white wine (substitute with additional beef broth if preferred)
- [ ] 3 cups beef broth
- [ ] 2 bay leaves
- [ ] 3 sprigs fresh thyme
- [ ] 1 sprig fresh rosemary

For Serving

- [ ] Chopped fresh parsley
- [ ] Lemon zest (optional)
- [ ] Polenta or mashed potatoes

Instructions

1. Preheat your oven to 325°F (163°C). Pat the beef shins completely dry with paper towels. Season generously with salt and pepper, then dredge lightly in flour, shaking off any excess.
2. Heat the olive oil in a large Dutch oven or oven-safe pot over medium-high heat. Working in batches if necessary, sear the beef shins until deeply browned on both sides, about 4-5 minutes per side. Transfer to a plate and set aside.
3. Reduce the heat to medium. Add the chopped onion, carrots, and celery to the same pot. Cook, stirring occasionally, until the vegetables have softened and started to brown, about 8-10 minutes. Add the garlic and cook for another minute until fragrant.
4. Push the vegetables to the sides of the pot and add the tomato paste to the center. Cook the tomato paste for about 2 minutes, stirring constantly, until it darkens slightly in color and becomes fragrant.
5. Pour in the wine (or additional broth) and use a wooden spoon to scrape up any browned bits from the bottom of the pot. Let it simmer for 2-3 minutes until reduced slightly.
6. Return the beef shins to the pot along with any accumulated juices. Add the beef broth - it should come about halfway up the sides of the meat. Add the bay leaves, thyme, and rosemary.

7. Bring the liquid to a gentle simmer, then cover the pot tightly with a lid. Transfer to the preheated oven and cook for 2 1/2 to 3 hours, or until the meat is fork-tender and falling off the bone.

8. Carefully remove the pot from the oven. Using tongs, transfer the beef shins to a serving platter. Skim any excess fat from the surface of the sauce. If the sauce seems too thin, you can simmer it on the stove for a few minutes to reduce.

9. Serve the osso bucco hot over creamy polenta or mashed potatoes, spooning the sauce and vegetables over the top. Garnish with chopped parsley and a little lemon zest if desired.

Nutrition per serving

480 kcal	45 g	18 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- The osso bucco can be made up to 3 days ahead and reheated gently on the stove
- For the best flavor, use homemade beef broth if possible
- Don't skip searing the meat - it adds crucial depth to the final dish
- The marrow is edible and delicious - spread it on toast or mix into the sauce