

Osso Buco

Calories: 18 kcal

Servings: 4

Time: 2 Hours

Ingredients

- 2.00 leaves Bay Leaves
- 0.50 tsp Black Pepper (to season)
- 65.00 g Carrots (peeled and diced)
- 80.00 g Celery (large stalks)
- 30.00 ml Extra Virgin Olive Oil
- 2.00 cloves Garlic (minced)
- 45.00 ml Ghee (duck fat or tallow)
- 30.00 ml Lemon Juice (fresh)
- 0.75 tsp Sea Salt (to taste)
- 1.00 tsp Thyme ((fresh or 0.5 tsp dried))
- 200.00 g Tomato (small, chopped)
- 1.40 kg Veal Shanks (bone in)
- 120.00 ml Water
- 70.00 g Yellow Onion (small, diced)

Instructions

1. Peel and chop the onion and garlic. Dice the carrot and slice the celery. Set aside.
2. Using a paper towel, pat dry the meat. Season with salt and pepper from both sides.
3. Set your Instant Pot to Sauté and grease with 2 tablespoons of ghee. Add the beef chunks and sear with salt and pepper. Cook for 2-3 minutes per side, or until browned and caramelised.
4. Remove from the Instant Pot and set aside on a plate.
5. Grease the Instant Pot with the remaining 1 tablespoon of ghee. Add the onion and cook for just 3 minutes, until fragrant and then add the minced garlic. Cook for another 30 seconds. Add the carrots, celery and cook for another 1-2 minutes
6. Add the tomatoes, bay leaves, thyme, lemon juice and water. Add back the browned meat and cook with the sauce.
7. Cover with a lid and set to Manual. Cook on high pressure for 40 minutes. When the program has finished, let the steam release naturally for 15-20, and then turn the valve to venting to release the remaining steam.

8. Remove the lid once the pressure has dropped and the lid released. Season to taste and drizzle with olive oil and serve.