



RECIPE CARD  
MEAT ON | THE FOOD DESIGN STUDIO

JAMES ST, BURLEIGH | GRICE AVENUE, PARADISE POINT  
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## MOJS - Osso Buco

**Serves: 3 people**

### Ingredients:

3x veal shanks, cut into short lengths from MOJS  
Dusting of flour to coat the veal shanks on either side  
50g unsalted butter or oil of your choice to seal the shanks  
2 large cloves garlic, peeled and minced  
1 large onion, peeled and diced  
½ cup dry white wine  
½ cup liquid beef stock or liquid beef broth  
400g canned diced tomatoes

### Gremolata:

½ cup chopped fresh flat leaf parsley  
1 clove garlic, minced  
2 teaspoons grated lemon zest  
3 tablespoons olive oil (optional)

### To Serve:

Mashed potato  
Vegetables of your choice  
Sea salt & cracked black pepper



### Method:

Preheat a large frying pan over a medium to high temperature.  
Dust the shanks lightly with flour.  
Oil the pan with butter or oil and seal the shanks in the frying pan until browned on each side.  
Transfer the shanks to a large plate.  
In the same frying pan, cook the garlic and onion together for a few minutes until glossy and translucent.  
Add the white wine and reduce the temperature to a light simmer. Simmer for 5 minutes.  
Add the remaining ingredients followed by the shanks at the end. Use a spoon to cover the shanks with the liquid in the pan.  
Reduce the temperature to a low simmer and simmer for 1 hour - 1.5 hours or until the meat is intact but falling off the bone easily when moved with a fork.  
To make the gremolata, combine all ingredients in a small bowl and set aside.  
Serve the veal shanks with mashed potato, vegetables and a drizzle of gremolata. Season well with sea salt and pepper.