

OSSOBUCO LAMB



Ingredients (serves 6 people):

1 kg and 500 g ossobuco lamb and cut into 5 cm thick pieces

3 tbsp olive oil

Salt to taste

Black pepper to taste

Wheat flour to taste

3 cloves garlic, crushed

2 medium diced celery stalks

1 medium diced chopped carrot

1 chopped onion

1/4 cup double concentrated tomato paste

1 cup of white wine

3 cups stock chicken

3 sprigs of fresh thyme

1 dried bay leaf

1 sprig of rosemary

2 tbsp chopped parsley

1 tsp lemon zest

Grated Parmesan cheese to taste

Preparation:

1. In a pan heat olive oil over medium heat.
2. Dry the ossobuco and season with salt and pepper.
3. Pass all sides of ossobuco in wheat flour.
4. Add the ossobuco to the pan and fry all sides for 8 to 10 minutes or until all sides are golden brown.
5. Remove the ossobuco and transfer to a plate. Reserve.
6. Put a drizzle of olive oil in the same pan and add the garlic, celery, carrots and onions.
7. Fry for about 3 minutes or until vegetables begin to brown and scent.
8. Add concentrated double tomato paste and cook for about 2 minutes to caramelize. Always stir.
9. Add the wine and let it glaze.
10. Scrape the bottom of the pan with a wooden spoon to loosen any spices and residue that get stuck to the bottom of the pan.
11. Bring to a boil, reduce heat and simmer for 3 minutes.
12. Add chicken stock, thyme, bay leaf and rosemary.
13. Place the ossobuco in the pan and cover with the lid.
14. Cook for 2 hours until ossobuco is tender.
15. Remove the ossobuco from the pan and place in a serving dish and keep warm.
16. Remove the fat from the surface of the sauce and remove the herb sprigs and bay leaves.
17. Return meat to pan, sprinkle with parsley and lemon zest.
18. Serve with risotto alla parmigiana prepared according to recipe found in Pasta, Risotto and Gnocchi and grated Parmesan cheese to taste.