ITALIAN · LUNCH · DINNER

Ossobuco alla Milanese (Braised Veal Shanks with Gremolata)

Ossibuchi alla milanese

90 min · Serves 4 · 560 kcal a serve · Video 5:44 in Italian · Giallozafferano recipes

No nuts listed

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About 49 g protein and 12 g net carbs a serve: veal shank braised slowly with onions, wine and stock, only lightly floured, and finished with a fresh parsley, garlic and lemon gremolata; rich in vitamin B12 and zinc.

Ingredients 12 · SERVES 4

- [ ] 4 **veal shank** slices (ossibuchi), about 300 g each (1.2 kg)
- [ ] 250 g **brown onions**, cut into wedges
- [ ] 50 g **plain flour**, for coating (about half clings)
- [ ] 50 g extra **virgin olive oil** (half for the onions, half for browning)
- [ ] 40 g **butter**
- [ ] 50 g **dry white wine** (half for the onions, half for the meat)
- [ ] 500 ml **hot meat stock** (brodo di carne; beef stock works)
- [ ] **fine salt**, to taste
- [ ] **black pepper**, to taste
- [ ] 1 bunch **flat-leaf parsley** (for the gremolata)
- [ ] 2 **garlic** cloves (for the gremolata)
- [ ] **Lemon zest**: grated zest of 1 unwaxed lemon (for the gremolata)

Allergens found in the listed ingredients: Gluten, Milk, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat half the oil in a wide pan and brown the onion wedges over medium-high heat for about 5 minutes. Add half the wine, cook 10 minutes more until golden, then lift them into a bowl. 0:26
2. Snip the membrane around each veal shank in 3 places with scissors so the slices stay flat while they cook. 1:13
3. Mix the flour with salt and pepper, coat the shanks on both sides and tap off the excess. 1:24
4. Add the rest of the oil and the butter to the same pan, raise the heat and brown the shanks for about 4 minutes without moving them, then turn and brown 2 minutes more. 1:52
5. Pour in the remaining wine and let it evaporate. Add hot stock to come halfway up the meat, return the onions, lower the heat, cover and simmer for 35 minutes. 2:36
6. Meanwhile make the gremolata: peel the garlic, remove the green germ, blanch it in boiling water for 2 minutes, then chop it finely with the parsley. 3:14
7. Turn the shanks over, cover again and cook for about 25 minutes more, until tender (larger shanks may need longer). 4:04
8. Take the pan off the heat, scatter over the parsley and garlic, grate the lemon zest on top and serve with the sauce. 4:47

> **Tip** Milan serves it with saffron risotto; green beans or a leafy salad keep the plate lower in carbs. The cook keeps leftovers in the fridge for no more than a day and advises against freezing. Blanching the garlic softens its bite.

The method is a summary in our words, in English — the video (in Italian) shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
560 kcal	49 g	13 g	1.7 g	34 g	860 mg
2,340 kJ	99% of a day	12 g net · 3.4 g sugars	6% of a day	11 g saturated	37% of a day
		5% of a day		44% of a day	

Energy from net carbs 9% · protein 36% · fat 55% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 132% · Vitamin K 112% · Zinc 81% · Selenium 67% · Vitamin B6 25% · Iron 24%

Source of (10–19%) Vitamin C 19% · Magnesium 18% · Vitamin E 18% · Omega-3 13% · Potassium 12% · Vitamin A 11% · Vitamin D 10%

Recipe and video: Giallozafferano recipes (@GialloZafferanoTV) on YouTube — youtube.com/watch?v=bVi4LC9Ufmk, published 7 December 2017. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/ossobuco-alla-milanese