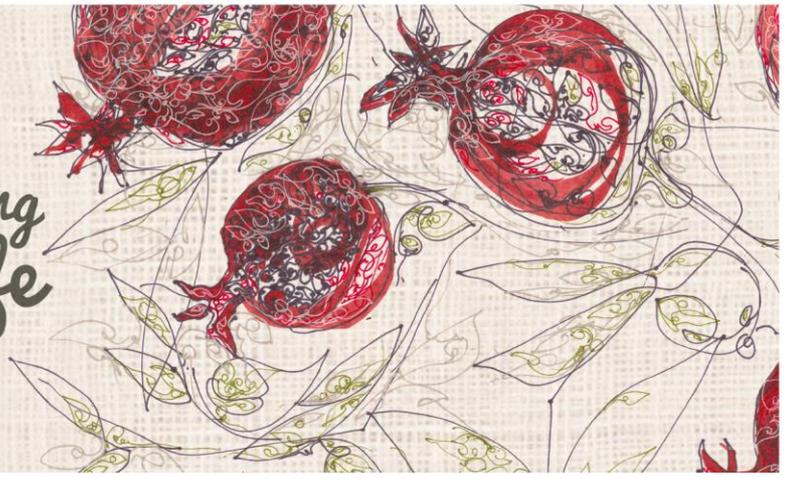




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# Osso Bucco with Sweet Potato Mash, Salad Greens & Gremolata

**Preparation** 2 hours (over 2 days for whole dish) **Cooking** 4 hours **Season** Winter **Ability** Medium  
**Makes** 7kg meat And Sauce = 40 Serves @ 175g Per Serve **Suitable** To freeze  
**Cost** \$4.24 (full serve with mash and gremolata)

## Ingredients

### OSSO BUCCO

8.5kg osso bucco, bone in (approximately 6 pieces)  
3.5 teaspoons grated nutmeg  
300g spelt flour  
Sea salt flakes and ground pepper  
1 cup approximately extra virgin olive oil  
100g butter  
7 onions, cut into 8  
7 garlic cloves, peeled and squashed  
4 large carrots, cut into 8  
4 sticks celery, cut into 8  
15 large sprigs of fresh rosemary  
4 tablespoons tomato paste  
700ml verjuice or white wine  
7L beef stock

### OSSO BUCCO SAUCE

7 tablespoons extra virgin olive oil  
7 onions, finely diced  
7 large carrots, peeled and diced into 1cm pieces  
4 tablespoons rosemary leaves, chopped  
140 ml good quality red wine vinegar  
7 large sticks of celery, diced into 1cm pieces

### SWEET POTATO MASH

6kg sweet potato, peeled and chopped into 10cm wedges  
7 tablespoon extra virgin olive oil  
Sea salt flakes  
280g unsalted butter  
175g skim milk powder  
700ml milk approximately

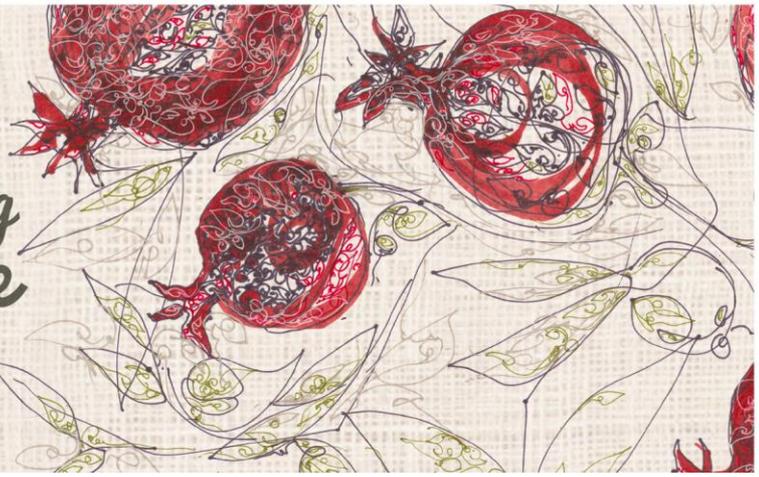
### GREMOLATA

120g finely chopped flat leaf parsley  
8 garlic cloves, finely micro planed  
Zest of 4 lemons, micro planed





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320ml EVOO  
Sea salt

## Method

### OSSO BUCCO

Preheat the oven to 180C. Place the nutmeg and flour into a bowl, season well with salt and pepper and dust the osso bucco pieces. Heat oil and butter in a large saucepan over medium heat, seal the osso bucco pieces on both sides until golden. Remove from the pan and discard most of the fat. Add the onion, garlic, carrot, celery and rosemary, cook until lightly coloured. Add the tomato paste and deglaze with the verjuice/wine. Return the meat to the pan, add stock and bring to the boil, skim off any impurities. Cover the pan with a piece of baking paper and lid/foil. Place into the preheated oven and cook for 2 hours or until the meat is tender and falling off the bone.

Cool to room temperature, then set overnight in the fridge. The following day, discard the set fat, pick the meat from the bones. Heat the sauce and pass into a clean pot, reduce by half.

### OSSO BUCCO SAUCE

Pour the oil into a large saucepan, add the onion and cook until translucent, add the carrot and rosemary, cook for a further 10 minutes or until the carrot has softened, deglaze with red wine vinegar. Pour on the reduce stock, add the meat and celery dice and simmer until warmed through and celery just cooked.

### SWEET POTATO MASH

Heat the oven to 230C. Line a large baking tray with parchment paper.

Spread the sweet potato pieces evenly over the oven tray, drizzle with oil and salt, cover with foil and place into the preheated oven.

Cook for 40 minutes or until soft and completely cooked through.

Place the sweet potato into a high sided pot with butter, milk, skim milk powder, and mash until smooth.

### GREMOLATA

Combine all gremolata ingredients in a bowl, taste for seasoning.

### TO SERVE

120g Mash

175g meat with sauce

10g gremolata

Fresh Bread and Salad Leaves (optional)

## Nutritional Analysis

Serving Size: 175g meat and sauce, 120g mash, 10g gremolata Yield: 40 serves		
	Per Serving	Per 100g
Energy (kJ)	2772	909
Protein (g)	51.8	17
Fat (g)	32.4	10.6
- Saturated (g)	9.9	3.2
Carbohydrate (g)	37.4	12.2
- Sugars (g)	17.2	5.6
Fibre (g)	7.6	2.5
Sodium (mg)	1277	419



**Flinders**  
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