

osso bucco recipe jamie oliver

Osso Bucco Recipe Jamie Oliver is a delightful dish that brings the flavors of Italy right into your kitchen. This classic Italian recipe features braised veal shanks cooked to perfection, resulting in tender meat that falls off the bone and a rich, flavorful sauce. Jamie Oliver, renowned for his easy-to-follow recipes and emphasis on fresh ingredients, has put his own twist on this traditional dish, making it accessible for home cooks. In this article, we will explore the origins of osso bucco, the ingredients you'll need, step-by-step instructions for preparing the dish, and tips for serving and storing.

Understanding Osso Bucco

Osso bucco, meaning "bone with a hole" in Italian, originates from the northern region of Lombardy. Traditionally made with veal shanks, the dish is characterized by the marrow that fills the bone, which adds a rich flavor and silky texture to the sauce. The meat is typically braised with vegetables, white wine, and broth, making it a comforting meal that is perfect for family gatherings or special occasions.

The Variations of Osso Bucco

While veal shank is the most common choice, osso bucco can also be made with different types of meat, including:

1. Pork shank - A more affordable option that still delivers a delicious outcome.
2. Lamb shank - Offers a unique flavor profile for those who enjoy lamb.
3. Beef shank - A heartier alternative that can be found in many grocery stores.

Each variation has its own distinct taste, but the cooking method remains largely the same.

Ingredients for Jamie Oliver's Osso Bucco Recipe

To recreate Jamie Oliver's osso bucco, you'll need the following ingredients:

- For the osso bucco:
- 4 veal shanks
- Sea salt and freshly ground black pepper
- Olive oil
- 1 onion, finely chopped
- 2 carrots, finely chopped
- 2 celery sticks, finely chopped
- 4 cloves garlic, minced
- 1 cup white wine
- 2 cups chicken or vegetable stock
- 1 can (400g) of chopped tomatoes

- Fresh thyme (a few sprigs)
- 1 bay leaf
- For the gremolata:
 - 1 lemon (zest only)
 - 1 clove garlic, minced
 - A handful of fresh parsley, chopped

Step-by-Step Instructions for Cooking Osso Bucco

Now that you have all your ingredients, it's time to get cooking! Here's a step-by-step guide to making Jamie Oliver's osso bucco.

1. Prepare the Ingredients

Start by prepping your ingredients:

- Pat the veal shanks dry with paper towels and season them generously with salt and pepper.
- Chop the onion, carrots, and celery into small pieces (this mixture is known as soffritto).
- Mince the garlic and set aside.

2. Sear the Veal Shanks

- In a large, heavy-based pot or Dutch oven, heat a good drizzle of olive oil over medium-high heat.
- Add the veal shanks to the pot and sear them on all sides until they are nicely browned. This will take about 8-10 minutes. Once browned, remove the shanks from the pot and set them aside.

3. Cook the Vegetables

- In the same pot, add a bit more olive oil if necessary. Toss in the chopped onion, carrots, and celery.
- Cook the vegetables for about 5-7 minutes until they are softened and starting to caramelize. Add the minced garlic and cook for an additional minute, stirring frequently.

4. Deglaze the Pot

- Pour in the white wine and use a wooden spoon to scrape up any browned bits from the bottom of the pot. Let the wine simmer for a few minutes until it reduces slightly.

5. Add the Remaining Ingredients

- Return the seared veal shanks to the pot, and add the chicken or vegetable stock, chopped tomatoes, fresh thyme, and the bay leaf. Make sure the shanks are submerged in the liquid.

6. Braise the Osso Bucco

- Bring the mixture to a gentle simmer, then cover the pot with a lid and reduce the heat to low.
- Allow the osso bucco to braise for about 2 to 2.5 hours, or until the meat is tender and falling off the bone. Stir occasionally and check the liquid levels; add more stock or water if necessary to ensure the shanks remain submerged.

Making the Gremolata

While the osso bucco is cooking, prepare the gremolata. This fresh herb condiment adds a bright, zesty flavor to the rich dish.

1. Combine the Ingredients

In a small bowl, mix together:

- Zest of 1 lemon
- 1 minced garlic clove
- A handful of chopped fresh parsley

Set aside until you are ready to serve.

Serving Suggestions

Once the osso bucco is cooked, it's time to serve this delicious dish. Here are some tips on how to plate and enjoy it:

- Serve with Risotto: A classic pairing for osso bucco is a creamy risotto. The texture of the risotto complements the tender meat beautifully.
- Accompany with Polenta: For a comforting alternative, serve the osso bucco over a bed of creamy polenta.
- Add Gremolata: Sprinkle the prepared gremolata over the osso bucco just before serving to add a burst of freshness.

Storing and Reheating Osso Bucco

If you have leftovers, or if you want to prepare the dish in advance, here's how to store and reheat osso bucco effectively:

1. Storing

- Allow the osso bucco to cool completely before transferring it to an airtight container. It can be stored in the refrigerator for up to 3 days or frozen for up to 3 months.

2. Reheating

- To reheat, place the osso bucco in a saucepan over low heat. Add a splash of stock or water to prevent it from drying out, and warm gently until heated through. If frozen, thaw overnight in the refrigerator before reheating.

Conclusion

Jamie Oliver's osso bucco recipe is a wonderful way to explore Italian cuisine in your own home. With its rich flavors and tender meat, this dish is sure to impress family and friends alike. By following the steps outlined above, you'll create a hearty meal that not only warms the heart but also tantalizes the taste buds. Whether you serve it with risotto or polenta, each bite will transport you to the rustic kitchens of Italy. Enjoy the cooking process, savor the flavors, and indulge in the comfort of this timeless dish.

Frequently Asked Questions

What are the main ingredients for Jamie Oliver's osso bucco recipe?

The main ingredients for Jamie Oliver's osso bucco recipe include veal shanks, onion, carrot, celery, garlic, tomatoes, white wine, and fresh herbs like rosemary and parsley.

How long does Jamie Oliver recommend cooking osso bucco?

Jamie Oliver recommends cooking osso bucco for about 2 to 2.5 hours on low heat until the meat is tender and falls off the bone.

What side dishes pair well with Jamie Oliver's osso bucco?

Jamie Oliver suggests serving osso bucco with creamy polenta, mashed potatoes, or a fresh gremolata to complement the rich flavors of the dish.

Can I use a slow cooker for Jamie Oliver's osso bucco recipe?

Yes, you can use a slow cooker for Jamie Oliver's osso bucco recipe. Simply follow the same steps and cook it on low for about 6 to 8 hours for tender results.

What is gremolata and how is it used in Jamie Oliver's osso bucco recipe?

Gremolata is a fresh condiment made from chopped parsley, garlic, and lemon zest. In Jamie Oliver's osso bucco recipe, it is sprinkled on top just before serving to add brightness and flavor.

Is Jamie Oliver's osso bucco recipe suitable for beginners?

Yes, Jamie Oliver's osso bucco recipe is suitable for beginners, as it includes straightforward instructions and common ingredients, making it easy to follow.

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