

osso bucco recipe slow cooker jamie oliver

Osso bucco recipe slow cooker Jamie Oliver is a delightful way to prepare this classic Italian dish, bringing the robust flavors of tender veal shanks, aromatic vegetables, and savory broth right to your home. Slow cooking not only enhances the tenderness of the meat but also allows the flavors to meld beautifully, creating a rich and satisfying meal. This article will guide you through the steps of making Jamie Oliver's version of osso bucco in a slow cooker, complete with tips, variations, and serving suggestions.

What is Osso Bucco?

Osso bucco, which translates to "bone with a hole" in Italian, is a traditional dish originating from Milan, made with braised veal shanks that are cut crosswise, showcasing the marrow-filled bone. This dish is often served with gremolata, a fresh condiment made from lemon zest, garlic, and parsley, which adds brightness and complements the rich flavors of the braised meat.

Ingredients for Jamie Oliver's Slow Cooker Osso Bucco

To recreate Jamie Oliver's slow cooker osso bucco, you will need the following ingredients:

1. Main Ingredients:

- 4 veal shanks (about 1.5 inches thick)
- 2 tablespoons olive oil
- Salt and black pepper, to taste

2. Vegetable Base:

- 1 large onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 4 cloves garlic, minced
- 1 cup cherry tomatoes, halved (or 1 can of chopped tomatoes)

3. Liquid Ingredients:

- 1 cup dry white wine
- 2 cups beef or chicken stock
- 1 tablespoon tomato paste
- Zest of 1 lemon

4. Herbs and Spices:

- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 2 bay leaves

5. For Gremolata:

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

Preparation Steps

Making osso bucco in a slow cooker is straightforward, and it allows for flexibility in your cooking schedule. Here's how to prepare it:

1. Brown the Meat:

- Heat the olive oil in a large skillet over medium-high heat.
- Season the veal shanks with salt and black pepper.
- Once the oil is hot, add the shanks to the skillet and brown them on all sides, about 3-4 minutes per side. This step adds depth to the flavor.

2. Prepare the Vegetables:

- In the same skillet, add the diced onion, carrots, celery, and garlic. Sauté for about 5-7 minutes until the vegetables are softened and fragrant.

3. Deglaze the Pan:

- Pour in the white wine and scrape the bottom of the skillet to release any browned bits. Let it simmer for a few minutes to reduce slightly.

4. Assemble in the Slow Cooker:

- In your slow cooker, add the browned veal shanks, sautéed vegetables, cherry or canned tomatoes, tomato paste, beef or chicken stock, lemon zest, oregano, thyme, and bay leaves.
- Stir gently to combine all the ingredients.

5. Slow Cook:

- Cover and cook on low for 6-8 hours or on high for 4-5 hours. The meat should be fork-tender and the flavors well developed.

Tips for the Perfect Osso Bucco

Here are some helpful tips to ensure your osso bucco turns out perfectly:

- **Choosing the Right Cut:** Opt for well-marbled veal shanks, as the fat will render during cooking, adding flavor and moisture.
- **Don't Rush Browning:** Take your time when browning the meat. This step enhances the flavor and creates a richer sauce.
- **Adjusting Consistency:** If the sauce is too thin at the end of cooking, remove the lid and simmer on high for an additional 30 minutes to thicken.
- **Marrow Matters:** Serve the dish with a small spoon to scoop out the marrow from the bones, as it adds a unique richness to the dish.

Serving Suggestions

Osso bucco is traditionally served with polenta or risotto, which beautifully complements the rich sauce. Here are some serving ideas:

1. **Risotto alla Milanese:** A saffron-infused risotto provides a luxurious base that pairs perfectly with the braised meat.
2. **Creamy Polenta:** Smooth, creamy polenta can absorb the flavorful sauce, making each bite a delight.
3. **Crusty Bread:** Serve with a side of crusty Italian bread to mop up the rich sauce.
4. **Gremolata:** Don't forget the gremolata! Sprinkle over the osso bucco just before serving for a fresh, zesty kick.

Variations of Osso Bucco

While Jamie Oliver's recipe is a classic take on osso bucco, feel free to experiment with these variations:

- **Different Meats:** Although veal is traditional, you can use pork shanks or even lamb shanks for a different flavor profile.
- **Vegetable Additions:** Consider adding mushrooms, bell peppers, or even potatoes for added texture and flavor.
- **Spicy Kick:** Add a pinch of red pepper flakes or a splash of hot sauce to the sauce for some heat.
- **Herb Substitutions:** Try using fresh herbs like rosemary or basil instead of dried herbs for a fresher taste.

Storing and Reheating Osso Bucco

If you have leftovers (which is rare given how delicious it is), storing and reheating osso bucco is quite easy:

- **Storage:** Place the cooled osso bucco in an airtight container and refrigerate. It will last for up to 3 days in the fridge.
- **Freezing:** You can freeze osso bucco for up to 3 months. Just ensure it's well-sealed to prevent freezer burn.
- **Reheating:** To reheat, thaw in the refrigerator overnight and then warm gently on the stovetop or in the microwave. Add a splash of broth if the sauce has thickened too much.

Conclusion

This osso bucco recipe slow cooker Jamie Oliver brings the authentic taste of Italy into your kitchen with minimal effort. The slow cooking method allows the flavors to develop fully, resulting in a comforting and delicious meal that will impress family and friends alike. With simple ingredients and straightforward steps, you can enjoy this classic dish any day of the week. Whether you serve it with a side of creamy polenta or risotto, you're sure to create a memorable dining experience. So, roll up your sleeves and get ready to savor the delightful flavors of homemade osso bucco!

Frequently Asked Questions

What is osso bucco?

Osso bucco is a traditional Italian dish made from braised veal shanks, which are slow-cooked with vegetables, white wine, and broth until tender.

How does Jamie Oliver's slow cooker osso bucco recipe differ from traditional methods?

Jamie Oliver's slow cooker osso bucco recipe simplifies the cooking process by allowing you to set it and forget it, resulting in tender meat without the need for constant monitoring.

What key ingredients are needed for Jamie Oliver's slow cooker osso bucco?

The key ingredients include veal shanks, carrots, celery, onion, garlic, white wine, broth, and herbs like thyme and bay leaves.

How long does it take to cook osso bucco in a slow cooker?

In a slow cooker, osso bucco typically takes about 6 to 8 hours on low heat or 3 to 4 hours on high heat to become tender.

What is gremolata, and how is it used in osso bucco?

Gremolata is a fresh condiment made from parsley, lemon zest, and garlic. It is sprinkled on top of osso bucco just before serving to add brightness and flavor.

Can you substitute veal with other meats in Jamie Oliver's osso bucco recipe?

Yes, you can substitute veal with pork shanks or even lamb shanks, but the cooking time may vary slightly depending on the meat used.

What side dishes pair well with osso bucco?

Osso bucco pairs well with creamy polenta, risotto, or crusty bread, which help soak up the delicious sauce.

Is it possible to make osso bucco ahead of time?

Yes, osso bucco can be made ahead of time and actually tastes better the next day as the flavors continue to develop.

What tips does Jamie Oliver provide for perfecting slow cooker osso bucco?

Jamie Oliver suggests searing the meat before adding it to the slow cooker to enhance flavor, and using quality ingredients for the best results.

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