

French Onion Osso Buco

Ingredients

2 tbsp olive oil
4 pieces veal osso bucco (about 1.4kg), excess fat trimmed
2 brown onions, cut into rings
1 carrot, peeled, sliced
2 celery sticks, sliced
2 garlic cloves, crushed
250ml (1 cup) water or liquid stock
2 tbsp Tomato Paste
1 tbsp plain flour
1 tsp beef stock powder
40g sachet French onion soup mix
1 tsp fresh thyme leaves, plus extra to serve
Mashed potato, pasta, rice, or fresh bread, to serve

Method

Step 1

Heat 2 tsp of the olive oil in a large frying pan over medium-high heat.
Cook the osso bucco until browned. (You can cut the sinew, if you don't want it to curl).
Transfer to a slow cooker.
Reduce heat to medium and add 1 tbs oil and the onion.
Cook, until soft and golden brown, stirring often, then set aside.

Step 2

Heat remaining oil in the pan and add carrot and celery.
Cook, until starting to soften, stirring occasionally.
Stir in garlic and cook for about 30 seconds, then stir in tomato paste and flour.
Gradually add water, stirring and scraping the base of the pan.
Stir in stock, soup mix and thyme, and bring to a simmer.

Step 3

Pour over the meat in the slow cooker and top with onion.
Cover and cook on low for 6 hours or high for 3 hours, until meat is very tender.
Serve sprinkled with extra thyme, over mashed potato, pasta, rice or fresh bread and butter