

# Osso Buco

Yield: 7 min  
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-consomme-recipe>

## Ingredients:

- 3/4 cup all purpose flour
- kosher salt
- freshly ground pepper
- 6 veal shanks each 8 to 10 oz.
- 1/4 cup extra virgin olive oil
- 1 yellow onion coarsely chopped
- 2 carrots peeled and diced
- 1 celery stalk diced
- 2 garlic cloves minced
- 2 tablespoons tomato paste
- 1 cup dry red wine
- 2 tablespoons veal demi glace
- 14 ounces diced tomatoes drained
- 3 cups chicken stock
- 2 tablespoons chopped fresh thyme
- fresh flat leaf parsley Chopped, for garnish, optional
- pasta or polenta for serving

## Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 260 milligrams
4. Fat: 19 grams
5. Fiber: 3 grams
6. Protein: 71 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 610 milligrams
9. Sugar: 6 grams

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