



CARROT OSSO BUCO
WITH GREMOLATA AND
WHITE BEAN PUREE



CARROT OSSO BUCO WITH GREMOLATA AND WHITE BEAN PUREE

LEVEL OF DIFFICULTY: Easy

COOKING TIME: 1 hour 50 minutes

SERVES: 2



INGREDIENTS

FOR THE OSSO BUCCO:

125g red pearl onions
1-2 tablespoons vegetable oil
2-3 (approx. 450g) large carrots, cut crosswise into thick pieces
Salt and freshly ground black pepper
1 teaspoon curry powder
125ml dry red wine
½ tablespoon dried porcini powder/ground porcini mushrooms
200ml vegetable broth, see below
½ bunch flat-leaf parsley,
2 teaspoon fresh lemon juice

FOR THE GREMOLATA:

½-1 bunch flat-leaf parsley
Zest and juice of ½ untreated lemon
1 clove of garlic
1 small pinch of salt
Optional 1-2 tsp olive oil



METHOD

Preheat the oven to 200°C.

In a Le Creuset casserole, bring some water to a boil. Add the pearl onions and cook for 1 minute. Drain the onions and peel them.

Wipe out the casserole, put it back on the heat and add 1 tablespoon of oil. Add the carrots in a single layer, season with salt and pepper, and cook over moderate heat until browned, about 5 minutes per side.

Add the pearl onions, sprinkle with the curry powder, and cook, stirring several times, until fragrant, about 1 minute more.

Add the wine and simmer over medium heat for 3 minutes. Add porcini powder and the mushroom broth and bring to a boil. Cover with the lid and place in the oven to braise the carrots for 90 minutes, turning once, until tender. Add the mushrooms to the vegetable broth. Season the sauce with salt and pepper before serving.

FOR THIS RECIPE, WE RECOMMEND:

24cm Cast Iron Signature Round Casserole
Stoneware 10cm Petite Casserole or Stackable Ramekins | 24cm Chef's Pan

FOR THE VEGETABLE BROTH:

200g brown mushrooms
5g dried mushrooms (e.g., porcini or chanterelles)
1 small stick of celery
1 small carrot
¾ litre water
1 tablespoon salt

FOR THE WHITE BEAN PUREE

WITH ROSEMARY:

1 tablespoon olive oil
2-3 spring onions
1 clove of garlic
1 small sprig of rosemary
400g large white beans (240g drained weight, butter, or lima beans)
Juice and zest of ½ an untreated lemon

Serve the osso buco with gremolata on the bean puree.

TO MAKE THE GREMOLATA:

Wash the parsley, shake dry and chop finely. Wash the lemon, pat dry and grate the peel. Peel the garlic and chop finely. Mix the parsley, garlic, and lemon zest together. Season to taste with salt, lemon juice and olive oil. The Gremolata can be seasoned further with other herbs, capers, or chili.

TO MAKE THE VEGETABLE BROTH:

Clean the mushrooms and cut them into quarters. Next, peel the carrot and chop coarsely with the celery stick. Place the vegetables, water and salt in a casserole or pan and bring to a boil. Simmer for 15 minutes. Strain the vegetables and keep the broth and mushrooms ready for the osso buco.

TO MAKE THE WHITE BEAN PUREE WITH ROSEMARY:

Clean the onion and cut it into fine rings. Peel the garlic and chop finely. Gently sauté in the oil with the rosemary sprig until the onions are soft and cooked through. Add the white beans to the pan, stir and heat briefly. Sprinkle with lemon juice and stir in the zest. Remove the rosemary and puree the beans with a hand blender. Alternatively, transfer half of the mixture to a food processor and blend until smooth, stirring in the remaining butter bean mixture.