

SLOW COOKER OSSO BUCO

SERVES 4

PREP 15 MIN | COOK 6 HRS

Ingredients

- 1 large brown onion, diced
- 2 carrots, peeled and diced
- 1 tbsp olive oil
- 1.2kg osso buco beef (4 large pieces)
- 1/4 cup plain flour
- 3 cloves garlic, crushed
- 1/2 cup white wine
- 1 cup tomato passata
- 1 1/2 cups Massel Chicken Style Liquid Stock

Method

1. Place onion and carrots in the base of a slow cooker. Heat oil in a frypan over medium heat. Season osso buco pieces liberally with salt and pepper, then dredge in the flour. Cook for 2-3 minutes on each side until well browned. Transfer to slow cooker and place in a single layer on top of the vegetables. Sprinkle garlic over the meat.
2. Add wine to frypan and allow to bubble up. Stir in tomato passata and stock, and bring to the boil. Pour over meat in slow cooker. Cover with lid and cook for 6 hours on high or 8 hours on low until meat is falling apart.
3. Serve with mashed potato or rice and steamed green vegetables.



Recipe Credit: bestrecipes.com.au

