

VEGAN BRUSSEL SPROUT & CARROT OSSO BUCO

SERVES 4

PREP 20 MIN | COOK 1 HRS

Ingredients

- 230 g pearl onions, or baby red or white onions
- 2 tablespoons (30 ml) olive oil
- 650 g carrots, peeled and ends trimmed
- 350 g brussels sprouts
- 1 cup (250 ml) dry white or red wine
- 1 1/2 cups (360 ml) low-sodium vegetable stock
- 2 tablespoons porcini powder
- fine sea salt
- freshly ground pepper, add to taste

Method

1. Set your oven to 175°C with a rack placed in the lower third of the oven. As it preheats, bring 1-inch (2.5 cm) of water to a boil in a medium skillet. Add the pearl onions and cook for 1-2 minutes. Drain the onions, then trim the ends and peel each one. Transfer them to a plate and set aside.
2. Slice carrots into 2-inch (5 cm) logs. Heat 1 tablespoon of oil in a large ovenproof pot. Add the carrots in a single layer, sprinkle with a pinch of salt and cook over medium-high heat for about 10-15 minutes, turning them frequently until they're golden brown on every side.
3. Transfer carrots to a plate, add another tablespoon of oil to the pot. Toss in the Brussels sprouts and cook for 2-3 minutes, stirring occasionally, until lightly browned. Add the pearl onions and, stirring occasionally, cook for another 2-3 minutes.
4. Return the carrots back to the pot and pour in the wine. Simmer for 3-5 minutes, then stir in the porcini powder and vegetable stock. You want the stock to only partially cover the vegetables. Sprinkle vegetables with a large pinch of salt and a pinch of pepper, cover pot with lid and transfer to the oven.
5. Braise vegetables for about 30-40 minutes. Check on them after the first 20 minutes pass, turn them over and add more liquid if needed.
6. The osso bucco is ready once all the vegetables are tender and easily pierced with a thin knife. Remove pot from the oven and taste the sauce, add more salt and pepper if desired. Keep osso bucco covered until serving time, it stays warm for 1 hour easily.
7. To serve: Spoon some mashed potatoes (or mashed cauliflower or polenta) into a shallow bowl, top with vegetables from osso bucco, then add a few tablespoons of the sauce. Sprinkle with parsley and serve.



Recipe Credit: saltedsugar.com

