OSSO BUCCO AND MUSHROOMS

Serves: 6 | Prep Time: 15 minutes
Cooking Time: 2 hours, 10 minutes

INGREDIENTS

4 Maleny Black Angus Beef osso bucco pieces

2 tbsp plain flour

2 tbsp olive oil

1 brown onion, cut into wedges

200g large brown flat mushrooms, thickly sliced

200g button mushrooms, halved

2 garlic cloves, crushed

250ml (1 cup) marsala wine or apple juice

500ml (2 cups) Maleny Black Angus Beef stock

4 thyme sprigs

2 dried bay leaves

METHOD

1. Preheat oven to 140°C.

2. Place Maleny Black Angus Beef osso bucco and flour in a large bowl and season with salt and pepper. Toss the beef to coat.

3. Heat olive oil in a large flameproof/ovenproof roasting pan over high heat. Add the beef and cook for 2 minutes each side or until the beef is golden brown. Transfer the beef to a plate.

4. Add the onion, combined mushroom and garlic to the pan and cook, stirring for 5 minutes or until the onion softens.

5. Return the beef to the pan with the wine or apple juice, stock, thyme and bay leaves. Bring to a simmer, then remove from the heat.

6. Cover the pan loosely with foil then roast, turning the beef occasionally for 2 hours or until the beef is falling off the bone and the sauce thickens slightly.

7. Set aside for 5 minutes, covered, to rest before serving with polenta or mashed potato and steamed broccoli and greens.

NOTE:

This recipe can be made in a slow cooker as well. Just prepare the beef mixture in a large, deep frying pan according to the method, then transfer it to your slow cooker. Cover and cook for 4 hours on high (or 6 hours on low). Serve as recommended.