

“OSSO BUCCO WITH BASIL PESTO”

*4 pieces
osso bucco*

*1 tbsp
olive oil*

500ml beef stock

1 onion, diced

2 carrots, diced

*2 x 400g cans
butter beans,
drained and rinsed*

*1 bouquet garni
(see tip)*

*1 cup green beans,
chopped*

BASIL PESTO

2 cups basil leaves

¼ cup pine nuts

*1 clove garlic,
chopped*

¼ cup olive oil

*40g parmesan,
finely grated*

SERVES: 4 **PREPARATION:** 10 mins

COOKING: 1 hr 40 mins

1. Preheat oven to 180°C.

2. Pat osso bucco dry with paper towel, brush with oil and sprinkle with salt and pepper. Heat a large cast iron pan with a lid over high heat and brown osso bucco on both sides.

3. Add stock, onion, carrot, butter beans and bouquet garni. Bring to the boil, cover meat with a piece of baking paper and then the lid and place in oven for 1½ hrs or until beef is very tender. Add green beans in the last 10 mins of cooking.

4. Place basil, pine nuts and garlic in a small food processor and process until finely chopped. Add olive oil and process until smooth. Stir through parmesan.

5. Divide vegetables and sauce between 4 bowls and top each with a piece of osso bucco and a dollop of pesto.

TIPS:

1. Bouquet garni is a small parcel of herbs, usually bay leaf, lemon peel, thyme and rosemary. Substitute with your favourite herbs.

2. Substitute basil pesto with a store-bought version.