

Ossobuco all Milanese

Cuisine: **Italian**
Food category: **Beef**



Author: [Jaroslav Mikoška](#)

Company: [Retigo](#)



Program steps

Preheating: 135 °C

1

 Combination

 50 %

 Termination by time

 01:30 hh:mm

 120 °C

 100 %



Ingredients - number of portions - 8		
Name	Value	Unit
veal rump steak	8	pcs
Butter	100	g
plain wheat flour	100	g
onion	1	pcs
beef stock	200	ml
tomato	1	pcs
salt	5	g

Nutrition and allergens	
Allergens: 1	
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn	
Vitamins: A, B, C, E, K, Kyselina listová	
Nutritional value of one portion	Value
Energy	419.5 kJ
Carbohydrate	9.2 g
Fat	10.3 g
Protein	1.6 g
Water	0 g

Directions

1. Roll the veal shank steaks (300g each) in flour, dusting off any excess.

2. Sear in a skillet with butter and finely chopped small onion over medium heat, until nice and golden.

3. Set the oven on combi at 120°C.


4. Transfer the steaks into a GN container and add the stock, tomatoes and salt.

5. Cook for 90 minutes.

6. Blend the lemon, parsley, garlic and anchovy and brush onto the steaks before serving.

7. Best served with saffron risotto.

Recommended accessories



Enameled GN container