

# VEAL OSSO BUCCO, SPICED OLIVES TOMATOES AND RISONI

## EQUIPMENT

MEDIUM SIZE FRYPAN, MEDIUM SIZE SAUCEPAN, CHEF KNIFE, BAKING PAPER, MESH SIEVE OR STRAINER, MICRO-PLANE OR GRATER, TONGS

## INGREDIENTS

2 PIECES VEAL OSSO BUCCO, 15 SAGE LEAVES, 4 SPRIGS THYME, ½ PRESERVED LEMON, 20 CHERRY TOMATOES,  
100GM CHILLI MARINATED GREEN OLIVES, 100GM RISONI, 200GM CHICKEN STOCK, 1 LEMON,  
EXTRA VIRGIN OLIVE OIL, GARLIC INFUSED EXTRA VIRGIN OLIVE OIL, SALT FLAKES

## METHOD

PLACE A MEDIUM SIZE FRYPAN OVER MEDIUM HEAT, ONCE HOT ADD A SPLASH OF EVOO. SEASON THE VEAL ON BOTH SIDES AND PAN-FRY THE PIECES UNTIL GOLDEN ON BOTH SIDES.

ONCE THE VEAL IS NICELY COLOURED ADD THE HERBS, PRESERVED LEMON, TOMATOES AND CHICKEN STOCK AND BRING THE POT UP TO THE BOIL.

REMOVE THE PAN FROM THE HEAT AND PLACE A SHEET OF BAKING PAPER OVER THE PAN. PUT THE PAN INTO A PRE-HEATED OVEN COMBI SETTING 160 °C FOR 90 MINUTES

TEN MINUTES BEFORE THE VEAL HAS FINISHED PLACE A SAUCEPAN OF WATER ON THE STOVETOP OVER HIGH HEAT, SEASON THE WATER WELL AND BRING TO THE BOIL. ADD THE RISONI TO THE WATER AND COOK FOR 5 MINUTES UNTIL AL DENTE.

REMOVE THE VEAL FROM THE OVEN AND SET ASIDE UNTIL THE RISONI IS FINISHED COOKING. ONCE THE RISONI IS COOKED STRAIN IT WELL AND SEASON WITH SALT AND SOME GARLIC INFUSED EVOO

PLACE THE RISONI INTO THE CENTRE OF A LARGE BOWL, SPOON OUT THE VEAL, TOMATOES AND HERBS AND PLACE THEM ON TOP OF THE PASTA, POUR OVER ANY COOKING LIQUID AND FINISH THE DISH WITH SOME FRESH GRATED LEMON RIND AND FRESH HERBS AND SERVE

## HINTS & TIPS

- THIS SORT OF DISH IS WHAT WE LIKE TO TERM A PANTRY DISH, BUY A PROTEIN LIKE VEAL OSSO BUCCO AND JUST USE WHATEVER YOU HAVE IN YOUR PANTRY AND FRIDGE AT THE TIME, YOU WILL BE SURPRISED SOMETIMES WITH THE RESULTS.
- VEAL OSSO BUCCO CAN SOMETIMES BE DIFFICULT TO FIND, YOUR LOCAL INDEPENDENT BUTCHER SHOULD BE ABLE TO POINT YOU IN THE RIGHT DIRECTION
- RISONI IS RICE SHAPED PASTA AND ALTHOUGH IT IS SMALL IN SIZE IT HAS A VERY GOOD ABILITY TO DRAW FLAVOURS SO IT PAIRS WELL WITH THINNER SAUCES.