



414-443-1414

www.michaelfeker.com

From the Kitchen of Chef Michael Feker

IL MITO is located at 6913 W North Ave, Wauwatosa

Chef Feker's Beef Osso Bucco

Prep: 10 minutes

Cook Time: 2.5 hours

Serves: 4

Ingredients

- 1/2 cup flour
- Salt and pepper, to taste
- 4 pieces beef shank with bone, cut 2 inches thick (free grazed, hormone free preferred)
- 3 tablespoons olive oil
- 3 tablespoons butter
- 1 head of fennel sliced half round 1/4 inch thick
- 1 onion, sliced half round 1/4 inch thick
- 2 large carrots, sliced half round 1/4 inch thick
- 4 cloves garlic, smashed
- 2 bay leaves
- 1 bunch fresh Italian parsley, finely chopped
- 1 cup dry Marsala wine
- 3 cups beef stock
- 1 can whole tomatoes crushed

Directions

1. In a large shallow platter, season flour with salt and pepper. Dredge the beef shanks in the mixture and shake off any excess. In a large heavy skillet or Dutch oven, over medium flame, heat the oil and butter. Sear the shanks on all sides. Add more oil and butter if needed. Remove the browned beef shanks and set aside (for best results, do these in batches, two at a time).
2. Add onion, carrots, fennel, garlic, bay leaves and parsley to the pan and cook until softened. Season with salt and pepper. Raise the heat to high, add the Marsala wine and deglaze the pan.
3. Return the shanks to the pan, add the stock and crushed tomatoes. Bring liquid to a boil then reduce the heat to low. Cover and cook for about 2 hours or until the meat is tender (baste the meat a few times during cooking).
4. Remove the cover and simmer for another 10 minutes, or until the sauce is reduced to the proper consistency. (When the sauce coats the back of a spoon)