

## Osso bucco with gremolata

How would you feel if you knew exactly what to do to finally shed unwanted body fat, and keep it off, and still eat fabulous food. *The metabolic clock* is an introduction to an easy to follow weight loss plan that increases your energy, over 100 delicious full colour recipes, including this delicious recipe for Osso bucco.

1 teaspoon olive oil  
 1 onion, finely chopped  
 2 cloves garlic, finely chopped  
 1 large carrot, diced  
 1 large celery stalk, diced  
 1/2 cup dry white wine  
 1 teaspoon olive oil, extra  
 2 x 250 g osso bucco steaks – **for a vegetarian option, substitute steak with eggplant**  
 1 heaped teaspoon tomato paste  
 1 1/2 cups beef stock  
 2 cups hot water  
 1 rosemary flavour bag  
 1 teaspoon favourite spice mix

1 small potato, grated

### Gremolata

Large handful of flat-leaf parsley, finely chopped  
 1 clove garlic, crushed  
 1 lemon, grated zest only

### To serve

A selection of your favourite green vegetables (for example, 1 piece broccoli, 6 green beans, 6 slices zucchini, 6 sugar snap peas, 1 small bok choy)

1. Preheat oven to 180°C (350°F).
2. Place a non-stick frying pan over medium heat. Add olive oil, onion and garlic and sauté for 1 minute. Add carrot and celery and stir to soften for another minute. Add dry white wine and cook for another minute.
3. Remove from heat and transfer to a lidded casserole dish.
4. Return the non-stick frying pan to medium heat, add extra olive oil and the meat and brown.
5. Remove and add to casserole dish along with tomato paste, beef stock, hot water, rosemary flavour bag and favourite spice mix. Add a grated potato, which will provide the starch to thicken the stew.
6. Bake in the oven for 2 hours or until beef is very tender. Remove the lid and bake for a further 30 minutes to thicken the sauce.
7. To make the gremolata, combine all the ingredients in a small bowl. It will add tang and raw enzymes to your osso bucco.
8. Prepare and steam your vegetables.
9. Remove the casserole from the oven, take out the rosemary flavour bag, serve sprinkled with gremolata and serve with the steamed green vegetables.

*Note: The marrow in the osso bucco bones is high in iron and minerals so make sure you eat it!*

*The metabolic clock will be available from the **Rockpool Stand** at the MBS festivals, from all good bookstores or from [www.rockpoolpublishing.com.au](http://www.rockpoolpublishing.com.au). Please come and meet the author Julie Rennie.*

