

Braised osso buco with beer-braised beans & gremolata

Braised beef osso buco in a sauce made with sun-dried tomatoes and black garlic, served over with the beans braised in red beer and finely diced vegetables, with potatoes browned in duck fat

À Outrance



Number of servings

4

Time

- Preparation: **Preparation begins the day before.**
- Cooking time : 7 ½ to 9 ½

Ingredients

Gremolata

- 25 ml olive oil

- 1 bunch chervil, finely chopped
- 1 bunch parsley, finely chopped
- 1 garlic clove, minced
- Zest of 1 lemon
- Zest of 1 orange
- Salt and pepper to taste

Beans

- 1 cup dried with white Navy beans
- 1 cup water;
- 1 bottle of Débroussaille d'À Outrance amber beer
- 1 cup spanish onions, finely diced
- ½ cup carrots, finely diced
- ½ cup celery, finely diced
- 2 garlic cloves, minced
- 4 thyme sprigs, leaves stripped
- 2 bay leaves
- 2 tbsp. chicken bouillon powder

Black garlic confit tomato sauce

- 2 kg tomatoes
- 1 cup spanish onions
- ½ cup olive oil
- ½ cup red wine
- ½ carrot, diced (to reduce acidity)
- 2 fresh garlic cloves, diced
- 1 bulb black garlic, peeled and diced
- 6 thyme sprigs, leaves removed
- 3 bay leaves

Braised beef osso buco

- 4 beef osso buco pieces
- ¼ cup red wine
- Oil of your choice
- Salt and pepper to taste

Kitchen twine

Sautéed potatoes

- 1 kg white potatoes
- ⅓ cup duck fat
- 4 thyme sprigs, leaves removed
- Salt and pepper to taste

Preparation

Gremolata

1. In a bowl, combine all the ingredients.
2. Refrigerate overnight.

Beans

3. Rinse the beans under cold water.
4. In a bowl, soak the beans in 1 cup of water and 1 can of amber beer at room temperature.

The next day

5. Drain the beans, rinse them under water, drain again, and set aside.
6. In a pot, heat the olive oil over medium-low heat.
7. Add the finely diced vegetables and sauté for 3 minutes.
8. Add the garlic, thyme, and bay leaves. Continue cooking for 1 minute.
9. Add the beans and generously cover with cold water (the water should be 2 to 3 cm above the beans).
10. Add 2 tbsp. of chicken bouillon powder and stir.
11. Bring to a boil, then reduce the heat to low to maintain a gentle simmer.
12. Partially cover and let simmer for 1 ½ hours.
13. Stir gently from time to time.
14. Adjust the seasoning to taste with salt and pepper.
15. Remove the bay leaves and set aside.

Black garlic confit tomato sauce

16. In a pot, heat the olive oil over medium-low heat.
17. Add the diced vegetables (onions, carrots, fresh garlic, and black garlic) and herbs. Season with salt and pepper to taste. Cook for 2 to 3 minutes.
18. Deglaze with red wine.
19. Remove the stems from the tomatoes, dice them, then add them to the pot.
20. Reduce the heat to low as soon as the mixture begins to simmer. Simmer for an hour.
21. Stir gently from time to time.
22. Puree the mixture with an immersion blender, then transfer it to the slow cooker.

Braised beef osso buco

23. To prevent the meat from separating from the bone, tie a piece of kitchen twine tightly around each piece of osso buco.
24. Season the meat generously with salt and pepper.
25. Sear the meat in a skillet, then transfer it to the slow cooker.
26. Deglaze the skillet with the red wine, then pour the liquid into the slow cooker. Make sure the meat is completely submerged in the sauce.
27. Cook in the slow cooker on high for 6 hours, or on medium for 8 hours.

Sautéed potatoes

28. Preheat the oven to 375°F.
29. Wash and dice the potatoes into small cubes.
30. Melt the duck fat.
31. In a bowl, combine the potatoes, melted duck fat, thyme, salt, and pepper.

32. Line a baking sheet with parchment paper, then spread the mixture out in a single layer.
33. Bake for 40 minutes, turning halfway through cooking.

Tips

Beans

- Do not add salt to the beans while they are cooking.
- If the water level gets too low, add a small amount of hot water as needed.
- When ready, the beans should be tender but still hold their shape. They should not fall apart into a puree.

Braised beef osso buco

- If you do not have a slow cooker, place the meat in a baking dish and add ½ cup water. Cover the dish with aluminum foil and bake at 350°F for 2½ to 3 hours, or until the meat easily pulls away from the bone.

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