

Pork Osso Bucco

Diane Phillips, cooking class, 12/2023



- 2 tablespoons butter
- 1 tablespoon olive oil
- 4 pounds pork shoulder, cut into 1" cubes
- 1 1/2 teaspoons salt
- 1 teaspoon freshly ground black pepper
- 1 cup onion, finely chopped
- 1 cup carrot, finely chopped
- 1 cup celery, finely chopped
- 1 teaspoon dried sage
- 1/2 cup dry white wine, or vermouth
- 1/2 cup low sodium chicken broth
- 1/2 cup low sodium beef broth
- 30 ounces canned tomatoes, including juice
- GREMOLATA:**
 - 4 cloves garlic, minced
 - grated zest of one lemon
 - grated zest of one orange
 - 1/2 cup Italian parsley, chopped
- OVEN BAKED POLENTA:**
 - 8 cups water
 - 2 cups polenta, medium grind cornmeal, not instant type
 - 2 teaspoons salt
 - 1/2 teaspoon freshly ground black pepper
 - 4 ounces Parmigiano-Reggiano cheese, grated (about 2 cups)
 - 4 tablespoons unsalted butter, cut into pieces

*Per Serving (excluding unknown items): 658
Calories; 43g Fat (59.8% calories from fat);
50g Protein; 15g Carbohydrate; 3g Dietary
Fiber; 175mg Cholesterol; 1708mg Sodium;
7g Total Sugars; 2mcg Vitamin D; 277mg
Calcium; 3mg Iron; 466mg Potassium;
612mg Phosphorus. Exchanges: .*

Carolyn T's Blog: tastingspoons.com

Servings: 8

1. In a 5-quart Dutch oven, melt butter in the oil. Sprinkle pork cubes with salt, pepper and brown the meat a few pieces at a time, until they are nicely crusted on all sides, removing them from the pan and adding more, as they are browned. Remove all the meat and set aside.
2. Add onion, carrot, celery and sage and saute for 5 minutes, until the vegetables begin to soften and turn translucent.
3. Add the wine and scrape up any browned bits on the bottom of the pan.
4. Add broth and tomatoes and bring to a boil. Add the pork into the pan, along with any accumulated juices. Simmer the meat for 2 hours, covered, or until pork is tender. At this point the dish can be cooled to room temp, covered and refrigerated up to three days or frozen for 2 months. Reheat over low heat before serving.
5. **GREMOLATA:** In a small bowl combine garlic, zests, and parsley. Set aside.
6. Remove any fat that may have accumulated on the top of the stew; serve with oven baked polenta and garnish the top with the Gremolata.
7. **POLENTA:** Adjust oven rack to middle position and preheat to 375°F. Coat the inside of a 9x13 baking dish with non-stick spray.
8. Combine water, polenta, salt and pepper in baking dish. **DO NOT COVER.**
9. Transfer uncovered dish to oven and bake until water is absorbed and polenta has thickened, about 60 minutes.
10. Remove baking dish from oven and whisk in Parm cheese and butter and stir until polenta is creamy and smooth. Plan to serve the osso bucco immediately after the polenta is cooked through. If you let it sit it will become much more firm. You can add broth or water to is to loosen is up, but it's ideal served immediately.