



PREMIUM

Sous-Vide Pork Osso Buco

With Parmesan Risotto, Mushroom-Shallot Sauce, and Tomato-Thyme Relish



Bone-in pork shanks stand in for the traditional veal shanks in this Italian comfort classic. We've already done all the hard work by slow-cooking the pork for hours in a sealed and controlled environment (sous-vide) until it's unbelievably tender. This allows you to focus on making a perfect Parmesan risotto. Sautéed mushrooms and a savory tomato relish round out this premium meal.

OVERVIEW



TIME TO PREPARE



INTERMEDIATE RECIPE



DAYS BEST COOKED BY

DIETARY



GLUTEN-FREE



NUT-FREE



SOY-FREE

NUTRITION

Calories: 827
Carbohydrates: 71g
Fat: 37g
Protein: 54g
Sodium: 666mg
per serving

DRINK PAIRING

Pork goes great with Pinot, either way: Pinot Grigio for white wines, Pinot Noir for reds. Both are full-bodied and light and pair perfectly with this creamy, sumptuous dish.

INGREDIENTS

3 oz. Cremini Mushrooms
2 Garlic Cloves
1 Shallot
3 Thyme Sprigs
1 tsp. Gluten-Free Minor's Beef Base
2 Sous Vide Pork Osso Buco
5 oz. Diced Tomatoes, Canned
5 oz. Arborio Rice
2 oz. White Cooking Wine
1 ½ oz. Grated Parmesan Cheese
2 Tbsp. Butter

WHAT YOU NEED

Olive Oil
Salt
Pepper

EQUIPMENT

Small Pot
2 Medium Pans
Small Pan

DID YOU KNOW?

Toasting the rice in the recipe helps to create a barrier that prevents the rice from absorbing liquid too quickly. Add the hot water or broth gradually and stir constantly to slowly release the starch of the rice, resulting in a perfectly al dente and creamy dish.

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Prepare the Ingredients

Bring a small pot with 3 cups of **water** to a boil over high heat. Thoroughly rinse produce and pat dry. Cut **mushrooms** into ¼" slices. Mince **garlic**. Peel and mince **shallot**. Stem and mince **thyme**. After water reaches a boil, reduce heat to maintain a low simmer. *Using simmering water to make risotto helps it cook more efficiently because the liquid and rice will be the same temperature. Continually adding cold liquid to hot rice would slow the cooking process.*

Cook the Osso Buco

Place a medium pan over medium-high heat. Add 2 tsp. **olive oil** to hot pan. Add **mushrooms** and sauté, stirring often, until lightly browned, about 4-5 minutes. Add ½ cup **water** and **beef base** to pan and stir to combine. Cut open packages of **osso buco** and add meat and all juices in package to pan. Bring to a boil, cover with a lid or foil, and reduce heat to low. Cook for 10 minutes, turn meat, and cook for another 10-15 minutes, or until a minimum internal temperature of 165 degrees is reached.

Make the Tomato Relish

While the osso buco cooks, you can make **relish** and **risotto**. Place a small pan over medium heat. Add 1 tsp. **olive oil**, half the **shallots**, and **garlic** to hot pan. Cook for 1-2 minutes, stirring often. Add **diced tomatoes** (including any juices) and cook until all liquid has evaporated and a thick relish remains, about 6-8 minutes. Add **thyme** and season with **salt and pepper** to taste. Set aside.

Make the Risotto

Place a medium pan over medium heat. Add 2 tsp. **olive oil** to hot pan. Add remaining **shallots** and cook 1 minute. Add **arborio rice** and toast for 1 minute. Add **wine** and cook until completely absorbed, about 1-2 minutes. Add 1 cup **hot water** and a pinch of **salt and pepper**. Cook, stirring constantly, until water has been absorbed. Continue adding water in ½ cup increments, stirring constantly, until consistency is creamy and rice is al dente, about 23-25 minutes. Total water added should be about 2 ½ cups. Add **Parmesan cheese** and half the **butter**. Stir to combine, and season with **salt and pepper** to taste.

Make the Sauce

Transfer **osso buco** to a plate. Turn heat to medium-high and bring liquid in pan to a boil. Reduce by ⅓, about 2 minutes. Swirl **butter** into sauce. Add in remaining **shallot**, season to taste with **salt and pepper**, and set aside. *Reducing sauces intensifies flavor and thickens consistency. Be sure to taste before you season with salt and pepper.*

Plate the Dish

Add a serving of **risotto** to a shallow bowl or plate. Place **osso buco** on top of risotto and pour **mushroom sauce** over. Finish with a dollop of **relish** on top. *If risotto has stiffened, quickly return to medium-high heat and add another ½ cup of warm water to return risotto to creamy consistency.*