

Braised veal cooked in beer

An alternative way of the traditional Milanese recipe, this one is a tasty and original second course. Perfect for the New Year's Eve dinner, with a side of sliced grilled polenta.



4h



4 people

Ingredients for the braised veal

4 pieces of veal ossobuco (about 300grams each)
50 grams of flour
1 liter of beer
1 piece of celery
400 grams of carrots
400 grams of onions
salt as requested
pepper as requested
rosemary as requested

Ingredients for the polenta

1 liter of water
20 grams of salt
30 grams of butter
220 grams of polenta flour

Procedure for cook the brown sauce

Cut finely the celery, carrots and onions. Put everything in an oiled tray and bake for 15 minutes at a temperature of 180°.

PHASE	TEMPERATURE	TIME	PROBE	HUMIDITY	FAN	PRE-HEATING
1	180°	15'	/	0%	V5	ON

Procedure for cook the ossobuco

Pour the flour into a baking dish. Flour the ossobuco on both sides and gently remove the excess flour.

Once the procedure has been completed, brown it using a preheated non-stick plate.

Once browned, add them to the previously prepared mix of vegetables, adding salt and pepper and finally the beer.

Let it cook for 2 hours at a temperature of 125°.

PHASE	TEMPERATURE	TIME	PROBE	HUMIDITY	FAN	PRE-HEATING
1	200°	10'	/	0%	V5	ON

PHASE	TEMPERATURE	TIME	PROBE	HUMIDITY	FAN	PRE-HEATING
1	125°	2h	/	60%	V3	/

Procedure for cook the polenta

Bring the water to boil with salt and butter. Remove from the heat and add the flour, stirring constantly, being careful not to create lumps. Pour the mixture into a tray and cook.

When it's done, put it in a blast chiller. Once cold, slice the polenta and toast it on the preheated non-stick plate.

Once cooked, decorate with chopped rosemary. For a touch of color, you can add some rosemary flowers.

PHASE	TEMPERATURE	TIME	PROBE	HUMIDITY	FAN	PRE-HEATING
1	110°	1h	/	100%	V3	ON

PHASE	TEMPERATURE	TIME	PROBE	HUMIDITY	FAN	PRE-HEATING
1	190°	15'	/	0%	V3	ON

Chef tips

The cooking time of the braised veal depends on the weight of the ossobuco.
We recommend always checking the cooking before removing the tray from the oven.
If beer dry out too quickly, add some more or alternatively some vegetable stock.
The traditional Milanese recipe is served with saffron risotto, this version is perfect
with grilled vegetables or polenta.