

Here is the **Serious Keto Osso Buco** recipe, re-engineered for a **5-hour slow cook** in your Dutch oven. 4/21

To stretch the cooking time from the original 2.5 hours to 5 hours without drying out the meat, we have lowered the temperature significantly to mimic a slow cooker environment.

Slow-Cooked Dutch Oven Osso Buco

Method: Dutch Oven Braise | **Temp:** 275°F (135°C) | **Time:** 5 Hours

Ingredients

- **3 lbs** Beef Shanks (thick cut)
- **2 tbsp** Extra Virgin Olive Oil
- Salt & Black Pepper (to taste)
- **½ cup** Carrot, diced
- **⅓ cup** Celery, diced
- **½ medium** Onion, diced
- **2 cloves** Garlic, minced
- **1 tsp** Dried Thyme
- **1 cup** Dry White Wine
- **1 cup** Canned Diced Tomatoes (with juices)
- **1 cup** Chicken Stock (Chicken stock is preferred here for a lighter, cleaner finish than beef stock)

The "Serious Keto" Gremolata

- 1 small bunch Fresh Parsley, finely chopped
- Zest of **1 Lemon**
- **1 tsp** Horseradish (freshly grated or prepared) – *This is the secret ingredient that makes it "Serious Keto" style.*

Instructions

1. Lower the Heat

Preheat your oven to **275°F (135°C)**.

Note: The original recipe calls for 375°F. We are dropping it by 100 degrees to allow for the 5-hour breakdown of the connective tissue.

2. The Sear

Place your Dutch oven on the stove over **medium-high heat**. Add the olive oil.

Pat the beef shanks dry and season liberally with salt and pepper.

Sear the shanks until deeply browned (about 3–4 minutes per side). Remove them to a plate.

3. The Sauté

Lower the stovetop heat to **medium**.

Add the diced onion, carrot, celery, and garlic to the rendered beef fat in the pot.

Sauté for 5–7 minutes until the vegetables are soft and fragrant. Stir in the dried thyme.

4. The Deglaze

Pour in the **1 cup of white wine**. Scrape the bottom of the pot with a wooden spoon to release the flavorful brown bits (fond). Let the wine simmer for 2–3 minutes to reduce slightly.

5. Build the Braise

Stir in the **1 cup of diced tomatoes** and **1 cup of chicken stock**. Bring the liquid to a gentle simmer.

Nestle the seared beef shanks back into the pot, submerging them as much as possible in the liquid and vegetables. Any resting juices from the plate should go in too.

6. The 5-Hour Slow Cook

Cover the Dutch oven with its heavy lid.

Place in the **275°F oven** for **5 hours**.

Do not open the lid. At this low temperature, retaining the steam is crucial for keeping the meat moist.

7. The Finish

Remove from the oven. The meat should be extremely tender and pulling away from the bone.

Garnish: In a small bowl, mix the parsley, lemon zest, and horseradish. Sprinkle this gremolata over the hot beef immediately before serving to cut through the richness.