



#1MEAT12WAYS

BELLA AMORE ORANGE SCENTED BUFFALO OSSO BUCCO WITH BLACK GARLIC & QUINOA POLENTA

NINA PUCILLO, | ITALIAN HEARTS

DURHAM
RANCH

INGREDIENTS

Osso Bucco

- 3 Tbsp. Olive Oil
- 4 oz. Prosciutto, Cubed
- 3 lbs. Durham Ranch Bison Osso Bucco
- Sea Salt & Black Pepper
- 3 Cups [Bella Amore Pasta Sauce](#)
- 2 Medium Carrots, Diced
- 2 Stalks Celery, Diced
- 1 lbs. Grape Tomatoes, Sliced in Half
- ½ lbs. Shiitake Mushrooms, Stemmed & Sliced
- ½ lbs. Crimini Mushrooms, Sliced or Quartered
- 1 Head Black Garlic, Peeled
- 2 Cups Marsala
- Zest of 2 Oranges
- Juice of 2 Oranges
- 1 tsp. Sea Salt
- 2 tsp. Fennel Seeds
- ¼ Cup Fresh Basil, Roughly Chopped
- 2 Tbsp. Fresh Sage, Roughly Chopped

Quinoa Polenta

- ¾ Cup Quinoa, Roughly Ground
- 2 ½ - 3 Cups Veggie or Chicken Broth
- ½ Tsp Sea Salt
- ½ Tsp White Pepper
- A Generous Pinch of Saffron
- 3 Tbsp Romano

OSSO BUCCO INSTRUCTIONS

- 1.** Preheat a braising pan over medium high heat. Add the olive oil; swirl it around the pan. Add the prosciutto; allow the prosciutto to brown, stirring it around the pan. Transfer the prosciutto to a small bowl; set aside for now.
- 2.** Season the buffalo osso bucco with fresh ground sea salt and black pepper. Place the meat presentation side down in the pan. Allow it to brown for about 5 - 7 minutes then turn them for about the same time; transfer to a plate.
- 3.** To the pan, add the carrots and celery; sauté until the celery is just opaque. Add the Crimini & Shiitake and sauté until golden. Pour the Marsala into the pan, stirring to scrape up the delicious golden bits that have accumulated at the bottom of the pan; bring the pan to a simmer for a minute or two. Stir in the tomatoes, [Italian Hearts Val's Bella Amore Pasta Sauce](#), black garlic, sea salt and fennel seeds. Lastly, add the orange zest and juice,; simmer for about 15 minutes stirring occasionally.
- 4.** Stir in the prosciutto; nestle the osso bucco into the sauce and pour in any juices that have accumulated on the plate. Cover the pan, lower the heat to 'low' and simmer for 1 1/2 - 2 hours, checking liquid levels occasionally; the shanks should be fork tender.
- 5.** Sprinkle with fresh basil and sage at serving.

QUINOA POLENTA INSTRUCTIONS

- 1.** Grind the quinoa in a nutri-bullet or food processor until it's the consistency of corn meal.
- 2.** To a large pot, add 2 1/2 cups broth, quinoa, sea salt, white pepper and saffron; whisk the ingredients together. Bring the pot to a boil then reduce to a simmer; allow to thicken while whisking for about 10 minutes, adding more broth as needed. When the quinoa has a porridge-like consistency, whisk in the Romano.

PLATING THE DISH

- 1.** Spoon a generous portion of the quinoa polenta to the center of a dinner plate. Top with ashank; spoon a healthy portion of sauce on top. Sprinkle with fresh sage and basil.
 - 2.** Serve and enjoy!
- * This dish is even more delicious the next day.