BRAZILIAN

Pressure-Cooker Ossobuco

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	**4**	**20 min**	**1 hr 15 min**	**Pressure-cook**	**Shank**

Ingredients

- 4 cross-cut beef shanks, 4 cm (1½ in) thick, about 1.5 kg (3⅓ lb)
- 1 tsp salt, plus more to taste
- ½ tsp black pepper
- 2 tbsp vegetable oil
- 1 large onion, chopped
- 4 cloves garlic, chopped
- 1 green bell pepper, diced
- 2 tbsp tomato paste
- 4 ripe tomatoes, chopped (or 400 g (14 oz) canned)
- 120 ml (½ cup) dry red wine
- 250 ml (1 cup) beef stock or water
- 1 tsp ground cumin
- 2 bay leaves
- 1 tbsp chopped parsley, plus more to serve
- 2 spring onions, sliced
- Cooked white rice, to serve

Steps

1. Season the shanks on both sides with salt and pepper and let them sit for 30 minutes.
2. Heat the oil in the pressure cooker pot over medium-high heat. Sear the shanks in two batches until well browned, about 3 minutes per side. Set aside.
3. Lower the heat to medium. Cook the onion and bell pepper for 5 minutes, until soft. Add the garlic, tomato paste and cumin and stir for 1 minute.
4. Pour in the wine and scrape up the browned bits from the base of the pot, which helps prevent a burn warning. Simmer 2 minutes.
5. Add the tomatoes, stock and bay leaves, then settle the shanks on top. The liquid should come about halfway up the meat.
6. Lock the lid and bring to high pressure over high heat. Reduce the heat to the lowest that holds pressure and pressure-cook for 55 minutes.
7. Let the pressure release naturally for 15 minutes, then open the vent. The meat should be tender and ready to leave the bone.
8. Lift out the shanks. If the sauce is thin, simmer uncovered for 8 minutes over medium heat, until it coats a spoon. Stir in the parsley and spring onions and spoon over the shanks, with rice.

Notes

- **Electric cookers:** use the sauté setting for steps 2 to 4 and 50 minutes on high pressure.
- **Serving:** Brazilian tables pair it with white rice, black beans and farofa.
- **Make ahead:** the sauce improves overnight; reheat gently in a covered pan. It freezes for 3 months.
- **Pair with:** garlicky sautéed collard greens, as in Brazilian cooking.