



Osso Bucco with Mushrooms

Ingredients:

- 6 pieces Osso Bucco (can also use Gravy Beef)
- Olive Oil
- 1 leek finely sliced
- 2 garlic cloves
- 1 red capsicum finely sliced
- 200 grams sliced Swiss brown mushrooms
- 200 grams Pumpkin, chopped into small pieces
- 250ml Red Wine (optional if doing Full GAPS)
- 500ml Meat Stock of your choice
- 2 tablespoons tomato paste
- 2 bay leaves
- 2 teaspoons Smoked Paprika
- 2 teaspoons Mild Paprika
- 2 teaspoons Turmeric
- Salt and pepper to taste

Method:

Pre heat a large casserole pot and add 2-3 tablespoons Olive Oil. Add the meat 2-3 pieces at a time and brown, then remove and put aside on a plate. Do this for all the meat.

When you have put that aside, add in another 2 tablespoons of Olive Oil and add in the leek and garlic and sauté for 5 minutes or until tender.

Add in the mushrooms, capsicum and pumpkin and cook for 5 minutes, until they soften then add the smoked paprika, mild paprika, Turmeric and Bay leaves and cook for another 5 minutes to bring out the flavour and aroma of the spices.



Place meat back in to the pot with the wine (if using), tomato paste and meat stock, bring to the boil and then reduce to a simmer for 3-4 hours, checking every 60 minutes and stirring to make sure it's not sticking at the bottom.

For the last 30-45 minutes simmer with the lid off to allow the sauce to thicken, add salt and pepper to taste.

Serve with mashed potato / sweet potato / cauliflower / rice with some steamed greens on the side.