

Lamb osso buco with roasted pumpkin risotto

Recipe by chef Dale Sniffen

Preparation time: 25 minutes
Cooking time: 35 minutes @ full pressure
Cooking time risotto: 6 minutes @ full pressure

Prep list:

8 four-quarter lamb shank, top bone removed
3 tbsp olive oil
3 brown onions roughly chopped
3 cloves chopped garlic
1 red chili chopped
1L beef stock
1 jar pasta sauce
1 bay leave
Few stalks Italian parsley

Slowly pre heat your pressure cooker until just hot. Season lamb shank with salt & pepper then brown them off 3 at one time or until the red juice of the marrow is just seen oozing out. Set them aside to finish off the rest, keep warm. Caramelize the onion, garlic and chili until very fragrant. Deglaze with beef stock, scraping the bottom removing all these juices. Pop in the shanks, pasta sauce and herbs then full pressure on low heat for 35 minutes.

Once the meat is just falling off the bones remove them from the cooker then brown them with a little olive oil. Serve with pumpkin risotto using the pressure cooker stock.