

## Chef Dennis Prescott

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My absolute favourite moment every holiday season is when my family is gathered around a big, communal table celebrating deliciousness together. This dish screams nostalgia, highlighting carrots, a Prescott family staple, but in a new and exciting way.



# Carrot Osso Buco with Parsnip Puree & Carrot Top Pangrattato

## INGREDIENTS:

### *Osso Buco*

½ pound pearl onions  
 1 tbsp olive oil  
 5 medium rainbow carrots,  
 cut into 1-inch pieces  
 2 garlic cloves  
 1 tbsp chopped fresh thyme leaves  
 1 tsp smoked paprika  
 1 cup dry red wine  
 1 tbsp dried porcini powder  
 2 cups prepared mushroom broth  
 Zest of 1 lemon  
 ½ cup flat-leaf parsley leaves  
 Sea salt and freshly  
 cracked black pepper

### *Carrot-Top Breadcrumbs*

2 tbsp olive oil  
 2 tbsp butter  
 ½ cup panko breadcrumbs  
 1 garlic clove, minced  
 1 tsp lemon zest  
 2 tbsp chopped carrot tops, plus  
 more for garnish  
 ½ cup grated parmesan cheese  
 ½ tsp freshly cracked black pepper

### *Parsnip Puree*

1 pound parsnips, peeled and  
 thinly sliced  
 2 garlic cloves  
 ½ cup heavy cream  
 ½ cup vegetable stock  
 2 tbsp butter  
 Sea salt

## METHOD:

First, prepare the carrot osso buco. Preheat an oven to 350 degrees F. Heat a large, high-sided, oven-safe skillet over medium heat and pour in the olive oil. When the oil is hot, add the carrots, season with sea salt and cracked black pepper, and cook until browned on all sides (about 5 minutes per side). Add the pearl onions, garlic, paprika, and thyme, give everything a good mix, and cook until fragrant (1 minute). Pour in the wine and simmer for 3 minutes, until slightly reduced. Add the mushroom broth and porcini powder, then season with a pinch of salt, and bring to a boil. Transfer to the preheated oven and braise for about 1 hour, turning once, or until tender.

Meanwhile, prepare the parsnip puree and carrot top breadcrumbs. Season parsnips, garlic, cream, stock, and butter with sea salt, and bring to a boil in a medium saucepan. Reduce heat, cover, and simmer until the parsnips are very soft (10 - 15 minutes). Uncover and cook until the liquid has reduced by half (5 - 6 minutes). Puree in a blender until smooth. Set aside.

Heat a large pan over medium heat, and melt the butter and olive oil together. Add the panko breadcrumbs, garlic, lemon zest, carrot tops, and cracked pepper. Cook, stirring often, until crispy and golden brown (3 - 4 minutes). Fold in the parmesan cheese and mix well. Set aside. Divide the parsnip puree onto serving plates, then top with carrot osso buco and breadcrumbs. Garnish with reserved carrot tops and serve immediately. Delicious!

