

Beef Stock

| Yield: | 1 gallon | Portion: | | Multiple |
|--------|----------|---------------------------------|------|----------|
| Oven: | | Bake: | | |
| amt. | unit | Ingredients | amt. | unit |
| 9 | # | Beef bones with meat | | |
| 1 1/2 | gallon | Water | | |
| 1 | tbsp. | Salt, less if meat was seasoned | | |
| 1 | tea. | FG black pepper | | |
| 2 | ea. | Bay leaf | | |
| 1/2 | bunch | Chopped parsley | | |
| 1 | cup | Celery, chopped | | |
| 1 | cup | Carrots, chopped | | |
| 2 | cup | Onion, chopped | | |
| 1 | tbsp. | Thyme, fresh | | |
| 2 | tbsp. | Tomato paste | | |
| 4 | ea. | Cloves of garlic | | |

Method:

Place bones on sheet tray and roast in 400 degree oven till brown, 30-40 minutes.

Stir bones and roast till golden brown.

Remove bones and place in large stock pot.

Deglaze sheet tray with 1 cup red wine or water and add drippings to pot.

In cheese cloth 10" X 10" wrap bay leaf, thyme, parsley and garlic.

Add rest of ingredients to pot and bring to boil.

Skim gray matter and foam off the top and reduce heat to slow simmer, 180.

Simmer for 8 -20 hours.

Strain and chill down.

You should end up with one gallon of stock.

I believe this is where pastured and grass fed meats excel.

It is their ability to make rich, flavorful and healthy stocks.

If you only cook and eat pastured and grass fed meat, you're missing the best part.

You may substitute chicken bones for this recipe.

Adding a pig knuckle will give extra body.