

# Beef Stock Recipe

- About 3kg beef marrow and neck bones
- 4 or more litres cold filtered water
- 1/2 cup vinegar
- 3 onions, coarsely chopped
- 3 carrots, coarsely chopped
- 3 celery stalks, coarsely chopped
- several sprigs of fresh thyme, tied together
- 1 teaspoon peppercorns, crushed
- 1 bunch parsley

Place the bones in a roasting pan and brown at 200 degrees in the oven. When well browned, add to the pot along with the vegetables.

Pour the fat out of the roasting pan, add cold water to the pan, set over a high flame and bring to a boil, stirring with a wooden spoon to loosen up coagulated juices.

Add this liquid to the pot. Add additional water, if necessary, to cover the bones; but the liquid should come no higher than within one inch of the rim of the pot, as the volume expands slightly during cooking.

Bring to a boil. A large amount of scum will come to the top, and it is important to remove this with a spoon. After you have skimmed, reduce heat and add the thyme and crushed peppercorns.

Simmer stock for at least 8hrs.

**TIP:** We use a pressure cooker to reduce the time. We put the stock on in the morning and it is ready for dinner. Other advantages of using a pressure cooker are you use less electricity/gas and you have less cooking smell in your house. Just before finishing, add the parsley and simmer another 10 minutes.

After straining you will have a delicious and nourishing clear broth that forms the basis for many recipes. Stock can be kept in the fridge for several days or frozen.

When it cools it will be gelatinous and this is what you want.