

Beef Stock



From the Sensenig's Recipe Book

Ingredients:

- 4-5 pounds meaty beef stock bones (with lots of marrow), including some knuckle bones if possible, cut to expose the center marrow, and include at least a couple veal bones if you can, for their gelatin
- 1 pound of stew meat (chuck or flank steak) and/or beef scraps, cut into 2-inch chunks
- Olive oil
- 1-2 medium onions, peeled and quartered
- 1-2 large carrots, cut into 1-2 inch segments
- Handful of celery tops, or 1 large celery rib, cut into 1 inch segments
- 2-3 cloves of garlic, unpeeled
- Handful of parsley, stems and leaves
- 1-2 bay leaves
- 10 peppercorns

Preparation:

1 Roast the meat, bones, and

vegetables: Preheat oven to 400°F. Rub a little olive oil over the stew meat pieces, carrots, and onions. Place stock bones, stew meat or beef scraps, carrots and onions in a large, shallow roasting pan.

Roast in oven for about 45 minutes, turning the bones and meat pieces half-way through the cooking, until nicely browned. If bones begin to char at all during this cooking process, lower the heat. They should brown, not burn.

When the bones and meat are nicely browned, remove them and the vegetables and place them in a large (12 to 16 quart) stock pot.

2 Add hot water and scrape up the browned

bits: Place the roasting pan on the stove-top on low heat (will cover 2 burners), pour 1/2 cup to a cup of hot water over the pan and use a metal spatula to scrape up all of the browned bits stuck to the bottom of the pan.

Pour the browned bits and water into the stock pot.

3 Add vegetables, water, bring to a low

simmer: Add celery tops, garlic, parsley, bay leaves, and peppercorns to the stock pot.

Fill the stock pot with cold water, to 1 to 2 inches over the top of the bones. Put the heat on high and bring the pot to a low simmer and then reduce the heat to low.

The stock should be at a bare simmer, just a bubble or two coming up here and there. (You may need to put the pot on your smallest burner on the lowest temp

Cover the pot loosely and let simmer low and slow for 6 to 8 hours.

Do not stir the stock while cooking. Stirring will mix the fats in with the stock, clouding up the stock.

4 Skim scum and fat: As the stock cooks, fat will be released from the bone marrow and stew meat and rise to the top. From time to time check in on the stock and use a large metal spoon to scoop away the fat and any scum that rises to the surface.

(5 Remove solids and strain: At the end of cooking time (when you want to end the cooking is up to you, 6 to 8 hours if you can do it) use a slotted spoon or spider ladle to gently remove the bones and vegetables from the pot (

Line another large pot (8-quart) with a fine mesh sieve, covered with a couple layers of cheesecloth if you have it.

Pour the stock through the sieve to strain it of remaining solids.

6 Chill: Let cool to room temperature then chill in the refrigerator.

One the stock has chilled; any fat remaining will have risen to the top and solidified and can be removed and discarded.

Notes:

I use canned low sodium beef broth or bone broth instead of water

Source:

Simplyrecipes.com