



Beef Stock

By Annemarie Colbin

Credits: Food and Our Bones, Plume New York

The marrow of bones is extremely high in calcium, together with fat, iron and zinc. In fact, marrow has three times more calcium than milk, ounce for ounce. If you like, you can scrape it out of the bones after the stock is cooked, and spread it on toast with a little salt and pepper. It used to be a common food fifty or so years ago.

3 quarts

Prep Time: 10 minutes

Cook Time: 2 – 3 hours

Storage: Refrigerate for up to 3 days. Freeze up to 2 months

Type of Dish: Soup

Ingredients

- 2 pounds beef marrow bones
- 4 quarts water
- 1 carrot, chopped
- 1 medium onion, quartered
- 2 celery stalks, chopped
- 3 garlic cloves, peeled
- 2 tablespoons extra virgin olive oil
- 1/2 cup parsley stems
- 1 cup red or white wine, or 2 tablespoons wine vinegar

Instructions

Place the bones in a 6 to 8-quart stockpot with the water, bring to a boil, and simmer for 10 minutes. Skim off as much of the scum as possible.

Add the carrots, onions, celery, garlic, oil, parsley, and wine to the pot, and simmer on very low heat, partially covered, for 2 to 3 hours. Skim occasionally.

Strain the stock. Cool, then refrigerate until chilled. Remove the congealed fat from the top.