

Burgundy Pasture Beef Beef Stock

Note: For our Beef Stock Package (which is 7-8 lbs) – just make a larger batch – approximately double everything else.

2-3 pounds Beef Oxtail OR Meaty Soup Bones
1 package of marrow bones (about 1-2 pounds)

1 medium size onion – roughly chopped – no need to peel an organic onion
1 cup roughly chopped carrots, wash but no need to peel
1 cup roughly chopped celery, wash, leave the tops on
4 whole cloves garlic

10 peppercorns (not ground pepper – it will blacken the stock)
2 tsp. vinegar (something acidic)

Sprigs of fresh thyme (or ¼ tsp. Dried)
1 bay leaf
10 sprigs fresh parsley (handful)
¾ to 1 gallon of water (spring water or filtered preferable)

*Place bones (Oxtail, Meaty soup bones and Marrow Bones) in a large open pan and **brown** in a 375 degree oven. Or brown in a skillet with a little oil on the cook top.*

Combine all ingredients (except herbs) in a stockpot. Deglaze the pan you browned the soup bones in – getting all the juices and browned bits into your stock pot. Bring just to a boil and adjust heat so it just sends up a few bubbles at a time (no rolling boil!). S-L-O-W Simmer 12-24 hours. Add water if necessary. Add the herbs, let set to cool.

Strain - preferably with a cheese cloth, pressing on the vegetables and meat to extract as much juice as possible.

Refrigerate, and skim hardened fat from the surface. After straining and separating the fat from the stock you can strengthen it by cooking it down further (depending on its use).

This stock is a great base for soups, sauces, stews, gravies, braising roasts or serve by itself for an extra boost of nutrition.

Refrigerate 4-5 days or freeze. Stock can be kept refrigerated for easier use – boil unused stock every 3-4 days, place back in refrigerator for later use.

****Measurements are not as important in making stock – so feel free to approximate things, use vegetables you have on hand, and as long as you cook on very low heat - there is no exact cook time. The window is a minimum of 12 hours and probably a max of 36 hours.*