

BEEF STOCK



Ingredients (yields 4 liters):

4 kg of cow bones

6 liters of water

500 g medium diced vegetables (50%

onion, 25% carrot and 25% celery)

Olive oil to taste

100 g double concentrated tomato paste

1 sachet d'épices (tied with parsley, thyme, bay leaves and peppercorns)

Preparation:

1. Remove excess fat from bones.
2. Place the bones in a greased pan and bake at 165° C.
3. Turn bones to brown on both sides.
4. In a deep pan add bones and water.
5. Boil the stock and lower the heat to continue cooking over low heat for 3 hours.
6. Skim the surface when necessary.
7. To prepare the darkened vegetables heat a frying pan and fry the vegetables in a drizzle of olive oil.
8. Add the double concentrated tomato paste to fry for a few minutes.
9. Add the vegetables and sachet d'épices 1 hour before the end of cooking.
10. Do not stir, do not salt, do not cover and skim the impurities when necessary.
11. After the end of cooking strain the stock.
12. Use or cool and label properly and bring to freezer.