



Recipe by Maria Bortolotto

Delicious Beef Stock

Step one

I always have homemade beef or chicken stock in the fridge/freezer ready for either soup or slow cooking. I will tend to make this once a week.

2 to 3 kilos of the meats below.

A mixture of below makes great stock

Chuck steak

Bone-in short rib (makes great beef stock)

Oxtail

Fatty brisket ("point" or "second cut")

Whatever your butcher has on hand.

I tend to use chuck, brisket, and bone in short rib.

Salt the meat and place into baking trays to brown in the oven.

Brown the meat in the oven at 180degrees before placing into stock mixture.

Turn and brown all sides, depending on your oven size you may have to do this in batches.

Optional don't over salt.

Prepare the Vegetables

Using a heavy based stock pot, my favourite is Le Cueset (they are quite heavy, but you can place them into the oven no problem, they won't burn etc...)

5 carrots (peeled and sliced about 2 inches long)

3 sticks of celery (2 inch sticks is fine)

4 onions (peeled and quartered) optional to leave the skin on.

In your stock pot place, 4 tbs of grapeseed oil and the cut vegetables to brown, continue stirring making sure you don't burn them.

Once the vegetables are browned add the bouquet garni, toss for 2 more minutes then add water and bring to the boil.

To make a bouquet garni, bay leaf, thyme, fresh parsley stalks tied with string, for easy lifting. Add 6 black pepper corns to the stock.

(The bouquet garni is a bundle of herbs usually tied together with string and mainly used to prepare soup, stock, casseroles, and various stews.

As the meat browns add to the stock pot.

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Once all is added bring to the boil and cook for 4 to 5 hours once boiled reduce to a slow cooking.

You will know when the stock is cooked as the meat will fall off the bone and break apart easily. This will produce a wonderfully gelatinous stock.

Now separate the meat, vegetables from the stock.

You may want to strain the stock as it will produce a much clearer stock.

Strain through a muslin cloth.

Then place into batches and refrigerate or freeze.

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