

Bone Marrow Broth

From Rachael

1. Push the marrow out of the bones and melt it, it will melt like lard.
2. Use the marrow to brown the bones and some chopped onions.
3. Cover the pot and “sweat” the soup bones with onion by cooking them covered and on low for 20 minutes or so.
4. Add enough water to cover the bones with water, some salt, and simmer for 1-2 hours.
5. Strain the broth through a strainer and cheese cloth. 6. When cool, pull the meat off the bones and add to the broth.

This is a pretty basic stock recipe that is easy to taper to your own tastes and makes an excellent base for any beef soup. To make a richer stock, after browning the bones and onion, you can remove them, add a little red wine, and reduce the juices to a syrup, before re-adding all the ingredients to sweat the bones.