

Roast Marrow Bones in a 450-degree oven for 15 minutes. Salt and serve spread on toast.

“As a youngster we often ate marrow. My mom would scoop it out of the cooked bones and spread it on toast. Each of us kids would get a little piece as an appetizer. It is delicious. The toast was always homemade bread. The marrow should be eaten hot and spread thin as flavoring, more like butter than cheese on the bread.

I recently saw that at least one restaurant in the Twin Cities is serving marrow like this on their appetizer menu.

It is not a cheap treat either!

Joe”