# Brown Beef Stock

*Roasted bones, three vegetables and a slow simmer for a deep, savoury stock.*



**STARTS WITH 2 LITRES OF WATER / STOCKPOT**

Roast 20–30 min · Simmer 6–8 hr

## Ingredients

1 kg beef bones, excess fat trimmed
200 g carrot, onion and celery, roughly chopped, in equal parts
2 tbsp olive oil
1 bouquet garni (a small tied bundle of herbs)
2 litres cold water, plus extra as needed

## At the stove

**1. Roast the bones**
Roast at 200°C for 20–30 minutes, until well browned.

**2. Brown the vegetables**
Cook the chopped vegetables in the oil until lightly coloured. Drain excess fat from the bones and vegetables.

**3. Start with cold water**
Put the bones and vegetables in a stockpot. Add the cold water and bring slowly to a bare simmer.

**4. Skim, then strain**
Add the bouquet garni for the first hour. Simmer uncovered for 6–8 hours, skimming. Strain through a fine sieve.

**KOOK'S SECRET**

Look for a few lazy bubbles breaking at the edges. A rolling boil stirs fat and sediment back into the stock.

# Brown Beef Stock

*The full method*

**01** **Roast until well coloured**

Heat the oven to 200°C. Spread the trimmed bones in a roasting tin and cook for 20–30 minutes. The brown patches on the bones give the stock much of its colour.

**02** **Soften and brown the vegetables**

Heat the olive oil in a stockpot. Turn the chopped carrot, onion and celery in the oil until lightly browned. Drain away excess fat from the vegetables and roasted bones.

**03** **Bring to a gentle simmer**

Let the bones cool a little. Put them in the stockpot with the vegetables and 2 litres cold water. Raise the heat slowly and skim off foam as it rises. Add the bouquet garni.

**04** **Watch the surface**

Simmer uncovered for 6–8 hours. Remove the herb bundle after the first hour. Skim fat and foam and top up the water if the bones become exposed.

**05** **Strain and cool**

Lift out the large bones, then strain the stock through a fine sieve. Divide into small, shallow containers and cool promptly before refrigerating or freezing.

**AT THE STOVE**

Leave the stock unsalted. You can reduce a portion for gravy or add it to a soup and season the finished dish to taste.