

Homemade Brown Beef Stock

Yields about 1 gallon

This stock is a fond brun or "brown stock," because the bones and vegetables are roasted before being simmered in water. A fond blanc, or "white stock," is a stock where the bones are not roasted and are immediately placed into cold water. When making a fond blanc, after bringing the water to a simmer, one is usually instructed to drain the water from the pot and add clean water. This step, which is only done with white stocks, removes the impurities that initially float to the surface.

5 lbs veal or beef bones

1 lb yellow onions, cut into thick wedges

½ lb celery, cut into 3-inch chunks

½ lb carrots, peeled and cut into 3-inch chunks

about 3 ounces tomato paste

½ cup dry red wine

1 ½ gallons (24 cups) cold water

1 bouquet garni (2 parsley sprigs, 1 thyme sprig, 5 peppercorns, and a bay leaf wrapped in cheesecloth and secured with a piece of kitchen twine)

Preheat the oven to 425 degrees. Spread the beef bones, onions, celery, and carrots on one large or two small baking sheets. Be careful not to crowd the ingredients. Use a brush to paint the bones and vegetables with tomato paste. This step is called "pince."

Place the baking sheet(s) in the oven and bake for 1 hour, turning as needed. Remove the baking sheet from the oven and let cool. Use tongs to transfer the roasted bones and vegetables to a large stockpot. Drain any fat from the baking sheet.

Place the now empty baking sheet over two burners and heat over medium heat. Carefully add the red wine and use a wooden spoon to scrape up any brown bits stuck to the bottom of the pan. This step is called "deglazing." Pour the red wine and the brown bits into the stockpot with the bones and vegetables.

Add the cold water to the stockpot and drop in the bouquet garni. Bring to a simmer. Gently simmer 8 to 10 hours or overnight. Skim the fat from the surface of the stock as needed. This step is known as depouillage.

Remove the stockpot from the heat and drain the contents through a fine mesh strainer into a clean pot or storage container. Depouillage more if needed. Use immediately or refrigerate until ready to use. I also like to freeze stock in amounts of 1- and 2-cups in Ziploc bags for easy use down the road. Enjoy.

This recipe came from *Minced* at www.mincedblog.com.