

Beef Stock

This recipe is adapted from Julia Child's **The Way to Cook**.

5 pounds beef bones (ask the butcher to cut the bones into 3 inch lengths so they are not too big)
4 large carrots, peeled and cut into 3 inch lengths
4 pieces celery, cut into 3 inch lengths
4 medium onions, quartered (do not have to peel)
Cold water
2 large sprigs thyme
6 parsley stems
10 whole black peppercorns
2 bay leaves
3 large cloves garlic, unpeeled and smashed with the side of a heavy knife
1 large plum tomato, coarsely chopped
2 teaspoons kosher salt

1. Preheat oven to 450° F. Arrange bones and 1 cup of each of the vegetables (carrots, celery and onions) into a large roasting pan. Roast in the upper third of the oven, turning and basting with accumulated fat, several times until the bones are golden brown, about 30-45 minutes.
2. Using tongs, transfer bones and roasted vegetables to a large soup pot. Pour off and discard any fat in roasting pan. Add 2 cups of cold water to roasting pan and place on burner and bring to boil over medium- high heat; using a wooden spoon, scrape up all the browned bits that have stuck to the bottom of the roasting pan. Those bits have tons of flavour. Turn off burner and pour liquid into roasting pan.
3. Add thyme, parsley, bay leaves and peppercorns to pot. Add remainder of chopped vegetables and smashed garlic and tomato to the pot. Add enough cold water to the pot so that all the ingredients are covered by 2 inches of water.
4. Bring to a boil. Skim off and discard gray scum that will collect on the surface for several minutes. Turn down heat to low. Add salt, cover partially with lid and let simmer for about 5 hours. Add additional boiling water if level in pot goes below surface of ingredients.
5. Strain stock through a colander into a clean pot. Let stock cool slightly and refrigerate overnight. In the morning, use a spoon to lift off all the surface fat. Stock can be refrigerated for up to 2 days or frozen for up to 6 months.