

Beef Stock

adapted from [Simply Recipes](#)

printed from [Smells Like Food in Here](#)

3.7 lbs beef marrow bones
1 lb beef bones from short ribs
1/2 lb beef short rib meat, cubed
Olive oil
2 medium onions, peeled and quartered
2 large carrots, cut into 1-2 inch segments
2 large celery ribs with leaves, cut into 1 inch segments
5 cloves of garlic, unpeeled
Handful of parsley, stems and leaves
2 bay leaves
10-20 peppercorns

Before I get going, let me explain my bones and meat. You saw the [marrow bones](#).

But I'd also purchased two packages of [English-style beef chuck short ribs](#). I cut the bones from the meat and then chopped two of the eight meat hunks up. The bones and chopped beef went into this recipe while the rib meat was saved for something else (jambalaya).

So on with it:

Preheat oven to 400°F.

Place bones, meat, carrots and onions on an 12x17" [half sheet](#) or in a large roasting pan. Drizzle two tablespoons of olive oil over them and toss to coat. Roast in oven until nicely browned, about 45 minutes, turning the bones and meat pieces half-way through the cooking.

Remove the browned bones, meat and vegetables and place them in a stock pot (mine was 20 qt and probably nearly double the size necessary). While the baking sheet is still hot, pour into it 1/2-1 cup of hot water. Use a spatula to scrape up browned bits stuck to the bottom. Pour the browned bits and water into the stock pot.

Add celery, garlic, parsley, bay leaves, and peppercorns to the stock pot.

Fill the stock pot with cold water, to 1 to 2 inches over the top of the bones. Put the heat on high and bring the pot to a low simmer and then reduce the heat to low.

Inserting my meat thermometer probe into the water after 12 minutes, having dropped the burner to low, let me know that it was at 186.4°F already, quick for my stove-top.

Use a candy or meat thermometer to maintain temperature between 180-200°F. The stock should barely simmer with just a large bubble or two coming up here and there. Cover the pot loosely and continue simmering 3-6 or 8 hours.

Covered for 5 minutes, the temperature of my water rose to 194.0°F. Taking a peek 2 minutes later, when the temperature was at 194.2°F, the stock didn't look much different than it did 7 minutes earlier.

Check on the stock occasionally and use a large metal spoon to scoop away the fat and any scum that rises to the surface. (Transfer the fat and scum to a container to discard.) I skimmed the scum and put it into an empty cat food tin. While I made it a point to skim the fat into the fat separator with a small metal measuring spoon, I saw later it wasn't necessary.

At the end of cooking time (4.5 hours for me as I was chasing daylight for photo purposes, though 6-8 hours is ideal) use tongs or a slotted spoon to gently remove the bones and vegetables from the pot and discard them.

Line another large pot (8-quart) with a fine mesh sieve, covered with a couple layers of cheesecloth if you have it. Pour the stock through the sieve to strain it of remaining solids.

Let cool to room temperature then chill in the refrigerator.

Overnight the fat had risen to the top and solidified. Skim the fat.

I chose to reduce my stock over Day 2, pulling 4 cups from it when I was ready to use it, transferring the remainder into the quilted Kerr jars. I wound up with 7 cups left to go into the freezer.