

Beef Stock

INGREDIENTS

- 1.5KG BEEF BONES
- 2 MEDIUM CARROTS (ROUGHLY CHOPPED)
- 3 LARGE CELERY STALK (ROUGHLY CHOPPED)
- 2 MEDIUM BROWN ONIONS (QUARTERED)
- 1 TABLESPOON COCONUT OIL
- 2 TABLESPOONS APPLE CIDER VINEGAR
- 1 BAY LEAF (OPTIONAL)
- 1 TABLESPOON WHOLE BLACK PEPPERCORNS
- 1 TEASPOON SEAT SALT (PREFERABLY IODISED SEA SALT)
- 2 GARLIC CLOVES (PEELED AND SMASHED)
- 6L COLD WATER

METHOD

- PREHEAT OVEN TO 200 DEGREES.
- PLACE THE BEEF BONES IN A SINGLE LAYER ACROSS A LARGE BAKING TRAY. DRIZZLE WITH COCONUT OIL.
- ROAST FOR 30 MINUTES OR UNTIL THE BONES ARE BROWNED.
- PLACE ALL INGREDIENTS INTO A STOCK POT.
- ENSURE THE WATER COVERS ALL OF THE INGREDIENTS. ADD MORE WATER IF REQUIRED.
- COOK OVER HIGH HEAT UNTIL THE STOCK BEGINS TO BOIL.
- REDUCE THE HEAT AND SIMMER FOR 12 HOURS.
- SLOWLY ADD MORE WATER AS REQUIRED TO ENSURE THE INGREDIENTS REMAIN SUBMERGED.
- ONCE THE BROTH HAS REACHED A DARK BROWN COLOUR REMOVE FROM HEAT AND ALLOW TO COOL TO ROOM TEMPERATURE.
- PLACE IN THE FRIDGE TO CHILL OVERNIGHT. THE NEXT MORNING SKIM THE FAT FROM THE TOP.
- STRAIN AND STORE IN THE FRIDGE FOR UP TO 3 DAYS, OR THE FREEZER FOR UP TO 3 MONTHS.

PREP TIME: 45 MINUTES

COOK TIME: 12 HOURS

YIELDS 1.5-2L



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NUTRITION

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