

Stocks

To make a really good sauce or soup, you need a really good stock. Stock cubes and bouillon are quite salty, however convenient.

The secret is long, slow simmering. Gone are the days when a stock pot would simmer continually in a restaurant all day, seven days a week being continually topped up. Food safety is of paramount importance and common sense should prevail.

Brown Stock

is made from beef or veal bones. Veal bones are particularly desirable because they have more cartilage, which adds body to the stock in the form of gelatin. You can get these from the meat market or by pre ordering or from your butcher.

The following recipe can be used to add flavour to sauces that accompany meats such as roast beef and steak, veal and venison. Never season a stock with salt, this can be done later.

Ingredients – makes 2 litres

2kg / 2½lbs beef or veal marrow bones
4 onions roughly chopped
4 carrots peeled and chopped
4 sticks celery
8 mushrooms
1 turnip peeled and chopped
4 tbs vegetable oil
2 tbs tomato puree
4 litres / 7 pints water
Handful chopped parsley
1 x sachet d'epices made up of: dried thyme, bay leaf, whole peppercorns, and whole cloves



Method

- Pre heat oven to 220° C / 425°F / gas mark 7
- Brown the bones in a roasting tray for an hour, turning to ensure even roasting
- In a large stock pan, add the vegetable oil and vegetables and sauté until golden
- Add the tomato puree and caramelise
- Add the bones and water and sachet d'epices
- Add remaining ingredients and simmer for 4-5 hours
- Strain – do not push the vegetables through the strainer, the stock will become cloudy
- Cool and store