



# Beef Stock

*from Nourishing Traditions by Sally Fallon  
makes about 8 cups*

- 4 pounds pastured beef marrow bones, knuckle bones
- 1/2 cup cider vinegar
- 1 large onion, skin on, quartered
- 2 carrots, sliced
- 1 leek, white & pale green only, cleaned and sliced
- 2 celery stalks, sliced
- 3 pounds meaty rib or neck bones
- 2 tablespoons tomato paste
- 5 cloves garlic
- 2 bay leaves
- 3 sprigs thyme
- 1/2 teaspoon green peppercorns, crushed
- 1 bunch Italian parsley

Place the knuckle and marrow bones in a very large pot with vinegar and cover with water. Let stand for 1 hour.

Meanwhile, place the meaty bones in a roasting pan and brown at 350° in the oven. When well browned, add to the pot along with the vegetables. Pour the fat out of the roasting pan, add cold water to the pan, set over a high flame and bring to a boil, stirring with a wooden spoon to loosen coagulated juices. Add this liquid to the pot. Add additional water if necessary, to cover the bones; but the liquid should come no higher than within one inch of the rim of the pot, as the volume expands slightly during cooking. Bring to a boil. Skim scum as it rises to the surface. When scum no longer rises to the surface, reduce heat and add the thyme and crushed peppercorns.

Cook stock at a very lazy simmer for at least 12 and as long as 72 hours. Just before finishing, add the parsley and simmer another 10 minutes.

You will now have a pot of rather repulsive-looking brown liquid containing globs of gelatinous and fatty material. Don't despair! After straining, you will have a delicious and nourishing clear broth.

Remove bones with tongs or slotted spoon. Strain the stock into a large bowl. Let cool, then refrigerate and remove the congealed fat that rises to the top. Transfer stock to smaller containers and refrigerate, or freeze for long-term storage.