

Basic Beef Stock

Makes 8 cups

Ready in: 6 Hours

Add:Ingredients

- 6 pounds beef soup bones
- 1 large onion
- 3 large carrots
- 1/2 cup water
- 2 stalks celery, including some leaves
- 1 large tomato
- 1/2 cup chopped parsnip
- 1/2 cup cubed potatoes
- 8 whole black peppercorns
- 4 sprigs fresh parsley
- 1 bay leaf
- 1 tablespoon salt
- 2 teaspoons dried thyme
- 2 cloves garlic
- 12 cups water

Directions

1 Preheat oven to 450 degrees F (230 degrees C). Slice onion. Chop scrubbed celery and carrots into 1-inch chunks. In a large shallow roasting pan place soup bones, onion, and carrots. Bake, uncovered, about 30 minutes or until the bones are well browned, turning occasionally.

2 Drain off fat. Place the browned bones, onion, and carrots in a large soup pot or Dutch oven. Pour 1/2 cup water into the roasting pan and rinse. Pour this liquid into soup pot. Add celery, tomato, parsnips, potato parings, peppercorns, parsley, bay leaf, salt, thyme, and garlic. Add the 12 cups water.

3 Bring mixture to a boil. Reduce heat. Cover and simmer for 5 hours. Strain stock. Discard meat, vegetables, and seasonings.

4 To clarify stock for clear soup: In order to remove solid flecks that are too small to be strained out with cheesecloth, combine 1/4 cup cold water, 1 egg white, and 1 crushed eggshell. Add to strained stock. Bring to a boil. Remove from heat, and let stand 5 minutes. Strain again through a sieve lined with cheesecloth.