

Beef Broth or Stock

This recipe is included for the truly adventurous. The moderately difficult rating comes from the time it takes to cook and the need to skim the broth well if you don't use the pressure cooker method, which is rated "Easy".

5 lbs	beef bones and inexpensive beef cuts and scraps
3 medium	onions, rough cut
3 medium	carrots, cut into 3-inch lengths
3 each	celery stalks, chopped
1 can (6 oz)	tomato paste
1/4 bunch	parsley
1 Tbs	garlic, minced
1/2 Tbs	salt
1 tsp	thyme
1/2 tsp	chervil
5 each	peppercorns
3 each	spice, whole cloves
1 large	bay leaf
4 quarts	water

For Method 1

1/4 cup	canola oil
As needed	flour

Procedure

Method 1

- In a large pot, brown the lightly floured beef and bones in the canola oil. Add all the ingredients. Bring to a boil. After 5 minutes skim off the scum. Continue to do the same every few minutes for the next 15 to 20 minutes. Boil for 2½ hours. Add water as needed to keep the level at approximately 3 quarts. Strain through a sieve lined with cheese cloth.
- Refrigerate for at least 12 hours, or until the fat is congealed on the top. Remove the fat, which can be saved for making pâtés.
- **NOTE:** Broth will refrigerate up to 10 days OR freeze in quart or pint batches for up to 3 months.

Method 2

- Obeying the manufacturer's instructions, put all the ingredients into a pressure cooker. Bring to pressure and hold it there for 45 minutes. Turn off and let the pressure reduce naturally. When the pressure is gone, open and strain. **NOTE:** There is nothing to skim using this method.

Yield: approximately 3 quarts