Brown Stock (Meat Broth)

Serves 6-8

Ingredients

- 2 lbs beef shin
- 1 1/4 qt cold water
- 1 tsp salt
- 1 or 2 cloves
- 2 to 4 peppercorns
- Piece of bay leaf
- 2 Tbsp each: carrots, turnip, celery, and onion (or any other vegetable)

Instructions

1. Cut white meat into small cubes.
2. Brown 1/2 of the meat with fat from the meat, or marrow from the bone.
3. Put remaining (unbrowned) meat into soup kettle.
4. Add browned meat. Rinse frying pan with water and pour over meat. Bring very gradually to a boiling point.
5. Simmer for 4 hours.
6. Add vegetables and spices; cook until tender.
7. Strain through cheesecloth. Add water as needed to make up for loss during cooking.
8. Cool quickly. Do not remove fat from top until soup is to be used.

Note: Other seasonings may be used, such as parsley, thyme, mace, etc.

Brown Stock (meat broth) 6-8.

2 lb of beef shin ~~bone~~
1 1/4 qt. cold water
1 tsp salt.
1 or 2 cloves
2 to 4 pepper corns.
piece of bayleaf
2 tbsp each carrot + turnip + ~~or~~ celery and onion
or any other vegetable

(over)

① White meat cut into small cubs. ② brown ½ meat with fat from the meat. or marrow from the bone. ③ put remaining meat into soup kettle ④ add browned meat ⑤ rinse frying pan with water ⑥ pour over meat. and bring very gradually to a boiling point. ⑦ simmer for 4 hours ⑥ add vegetables and spices cook until tender ⑨. strain through cheese cloth increase until added water to make up for loss during cooking. ⑩ ~~Cook~~ Cool quickly do not remove fat from top till soup is to be used. (Note) other seasoning may be used sweet or parsely thyme mace etc.

recipecardarchive.com | RCA0006-20260609-0236