

Beef Stock

2 lbs	meaty soup bones
1	onion, coarsely chopped
1	celery stalk, coarsely chopped
1	carrot, coarsely chopped
1	garlic clove
½ cup	tomato sauce
6 cups	water
3	parsley sprigs
1	bay leaf
¼ tsp	peppercorns

- In large shallow pan in 350°F oven, roast bones, onion, celery, carrot, garlic clove and tomato sauce for 60 minutes, or until well browned; turn occasionally. Transfer meat, vegetables and bones to large stockpot.
- Add water, parsley, bay leaf and peppercorns. Bring to boil; skim off foam.
- Cook, on low heat, for about 3 hours, or until meat is very tender. Lift out meat; reserve for another use. Remove bones and discard.
- Strain liquid through sieve; press down on vegetables to extract as much flavour as possible.
- Chill stock; remove fat from surface. Stock can be refrigerated for 2-3 days, or frozen for up to 4 months. Makes 4 cups.

Recipe by Gary Barone