

Tante Marie's Cooking School

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DARK VEAL STOCK

5 lbs. veal or beef bones (cracked)
3-4 Tbs. vegetable oil
1 cup onions, diced
1 cup celery, diced
1 cup carrots, diced
4 qts. water
4 tomatoes, peeled, seeded, and chopped
1 cup mushrooms, chopped
4 sprigs parsley
1 bayleaf
thyme
6 peppercorns

Brown the bones in a 500 degree oven or over a very high heat on the stove. Brown the onions, celery, and carrots in a separate saute pan in the oil. Combine the bones and browned vegetables with the rest of the ingredients in a large stock pot and simmer uncovered for 3-6 hours. Strain and let cool uncovered. Once the stock is entirely cooled, cover. This can be stored for up to five days in the fridge. MSR

① Stock is \Rightarrow *fond de cuisine* - basis of the kitchen

② Things that you add to dark stock that you don't to add to light stock \Rightarrow mushrooms + tomatoes

Bouquet Garni \rightarrow Bay leaves, Parsley + Thyme

Mirepoix \rightarrow carrots, onions, celery