



**SIMPLE
BONE**

Broth

Ingredients:

- 1.5 kg (60 oz) oxtail, chopped
- 6 litres (12 ½ pints) water
- 3 large carrots, chopped
- 3 sticks celery, chopped
- 2 onions, peeled and quartered
- 1 leek, chopped
- 1 bunch parsley stalks
- 3 black peppercorns
- 3 bay leaves
- 6 sprigs thyme

Method:

- Preheat your oven to 200°C/400°F.
- Place oxtail into a baking dish and brown in the oven for 20 - 30 minutes until golden.
- Remove oxtail from the oven and carefully place into the stockpot.
- Add onion, carrot, celery, leek and water to the pot.
- Fill the pot with water and place over a medium heat.
- Bring to the boil then reduce the heat to a low simmer.
- Add parsley stalks, peppercorns, bay leaves and thyme.
- Cover the pot partially and allow the slow simmering to begin.
- Simmer partially covered over a low heat for 6 hours, skimming the broth regularly to remove any surface fat and scum. Add more water if necessary.
- Remove the oxtail and strain the bone broth through a sieve or muslin.
- Discard the vegetables and remove the meat from the oxtail and set aside.
- Refrigerate the bone broth overnight and remove all the excess fat that solidifies over the top. Your cold broth should look like a jelly at this stage and be full of goodness.
- Heat the broth over a stove and enjoy “au naturel” or as a base for soups or sauces.