

# Dark Veal Stock & Reduction

Serves 9 | Active Time: 45 minutes | Total Time: 10 hours

*Swick*

## Chef's Notes

Note: To make beef stock, simply substitute beef bones.

In this recipe we used white wine; however, you can use red wine, sherry or even water. What you choose to deglaze with is up to you and your personal tastes.

This stock will keep in the refrigerator for about 3 to 4 days and will freeze well for several months.

## Caramelizing the Bones and Vegetables

To start the stock, preheat the oven to 425° degrees Fahrenheit. Oil a roasting pan and add the bones in a single layer. Roast for 45 minutes to an hour or until caramelized on all sides, flipping the bones half way through.

Meanwhile, prepare the mirepoix. Wash and roughly chop the onions, celery and carrots into 1" to 2" -inch pieces. Chop the leeks and keep them separate. They will be added to the mirepoix during the latter part of roasting. Cut the garlic in half horizontally. Line a baking tray with aluminum foil and drizzle with a bit of oil. Add the vegetables, drizzle with the remaining oil, toss and place into the oven for about 30 minutes.

Once the bones are nice and caramelized on the one side, flip them over and place back into the oven.

Check the vegetables after about 30 minutes, tossing them to make sure they're getting a nice even color. Add the leeks and place back into the oven for another 15 to 30 minutes. Once the vegetables are nicely caramelized, remove them from the oven and let the bones continue to roast if they are not quite ready.

## Step 1: Caramelizing the Bones and Vegetables

- 1/2 cup vegetable oil
- 12 lb veal bones\*
- 6 tbsp tomato paste
- 7 large carrots
- 5 large onions
- 2 heads garlic
- 7 ribs celery
- 3 whole leeks

## Making & Cooking the Stock

To begin the stock, heat a large stock pot over medium-high heat and add a bit of oil. Once hot, add the roasted vegetables, along with the tomato paste and sauté for a couple of minutes. Turn off the heat and check on the bones.

Once the bones are nicely caramelized, add them to the stock pot. Discard the excess fat from the roasting pan. Place the pan over medium-high heat and deglaze with the red wine. Make sure to scrape up the bits from the bottom of the pan and move the pan around to help the wine reduce. Once the wine has reduced to a syrupy consistency, pour it into the stock pot.

Add enough cold water to cover the bones and vegetables by at least 2 to 3 inches. Bring everything to a simmer over medium heat, skimming off the impurities as they rise to the surface. Let the stock gently simmer for approximately 8 to 10 hours, skimming and adding more cold water, as needed to keep the bones covered.

About 30 minutes before the stock is finished, you can add the bouquet garni. While the stock simmers, skim off any fat or foam that accumulates on the surface.

Cook the stock for approximately 9 hours. To strain the stock, gently lift out the solids using a slotted spoon or spider. You can also use a large sieve (also known as a china cap) to scoop out the bones and vegetables.

Once all of the bones and vegetables have been removed, allow them to cool before discarding.

If the pot is too heavy, you can use a small sauce pan to help strain the remaining stock through a fine sieve. At this point, you are left with a beautiful veal stock. You can either skim off the excess fat now or you can refrigerate it and let the fat solidify.

If you do refrigerate the stock, for food safety reasons, you must cool the stock first. Place the pot into a sink full of ice and water and stir it from time to time until completely cooled. Transfer to the refrigerator.

After refrigeration, the fat will solidify on the surface and the stock itself will become gelatinous. Simply remove the fat from the top and discard.

You now have a flavorful dark veal stock, which can be used in many dishes.

## Step 2: Making & Cooking the Stock

- 1 cup red wine
- 8 to 10 L/qt cold water
- 2 tsp whole, black peppercorns
- 1/2 bunch fresh thyme
- 4 bay leaves
- 1/2 bunch parsley stems

## **Reducing the Stock**

Veal stock is often reduced further to concentrate the flavors. In professional kitchens, this is referred to as a veal stock reduction or a demi glace.

To do this, place the stock back onto the stove and bring to a simmer. Let it reduce for another one to two hours, or until it has reduced by about half. It should have a rich and slightly thicker consistency.

For an even smoother finish, strain the veal stock reduction one last time through a fine strainer. For this recipe the consistency will vary slightly, depending on the amount of time you cook the stock and how much you reduce it.

This rich veal stock reduction can now form the base for many great sauces.

### **Step 3: Reducing the Stock**