

White Veal Stock

Swick

Serves 4 | Active Time: 30 minutes | Total Time: 12 hours

Step 1: Preparing and Cooking the Bones

- 6 lb veal bones
- 4 to 5 L/qt cold water

To prepare the bones, rinse under cold water and add to a 10 to 12 L/qt stock pot. Fill with enough cold water to cover the bones by at least two inches.

Gently bring to a simmer, skimming the impurities as they rise to the surface. This should take about 30 minutes or so.

Step 2: Preparing and Adding the Mirepoix

- 3 large onions (approx. 1 lb)
- 2 leeks (white part only)
- 4 ribs celery (approx. 1/2 lb)
- 1 head garlic

Wash and roughly chop the onions, leeks and celery, into 1" to 2" -inch pieces. Cut the garlic in half horizontally.

Once most of the impurities have been removed from the surface of the stock, add the mirepoix. Continue to simmer for 8 to 10 hours.

Step 3: Simmering and Skimming the Stock

As the stock simmers, remember to skim off any fat and impurities as they rise to the surface.

Step 4: Adding the Bouquet Garni

- 4 to 5 sprigs fresh thyme
- 1/4 bunch parsley stems
- 2 bay leaves
- 1 tsp black peppercorns

About 30 minutes before the stock has finished cooking, add the bouquet garni.

Step 5: Straining, Cooling and Storing the Stock

Once the stock has finished cooking, strain and properly cool it. Store the stock in the refrigerator for a few days or freeze for several months.