

QUICK BASIC CLEAR BEEF STOCK

F EASY

Last Modified: 09/05/2014

PREP: 15 Min
COOK: 2 Hrs
PRESSURE COOKER

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MAKES 9 CUPS

QUA	MEASURE	INGREDIENT	PROCESS
3	Pounds	Meaty Beef Or Veal Marrow Bones	Rinsed
2 1/2	Pounds	Beef Shanks	1" Thick
2	Tbsp	Tomato Paste (Contadina)	
1	Large	Yellow Onion (Peeled)	8 Wedges
1	Large	Carrot (Scrubbed & Washed)	1" Chop
2	Stalks	Celery (Washed)	1" Chop
1/2	Bunch	Fresh Italian Parsley Leaves	
2	Whole	Dried Bay Leaves	
1	Tbsp	Whole Black Peppercorns	
8 +/-	Cups	Cold Water	To Cover

PREPARATION

FACTOID	This is a Beef Stock that will be relatively clear, with a very nice brown color and will end up jelling into a solid mass because of the broken-down collagens.
FACTOID	STOCK VS BROTH: Technically; Broths are made using Meat and Stocks are made using Bones. Unfortunately, the Commercial Supermarket canned & boxed versions use very little Meat or Bones. They achieve their "heartiness" from the addition of Glutamates and Nucleotides - Homemade IS for certain the way to go.
FACTOID	REMEMBER: Boiling a Stock during cooking will create a deeply clouded Stock. A low simmer (bubbles just barely breaking the surface) will create a relatively clear Stock.
TOOLS	<ol style="list-style-type: none"> 1) 6.5 Qt Electric Pressure Cooker 2) Large Metal Roasting Pan 3) Fine Wire Strainer 4) Cheesecloth Square 5) Gravy Separator 6) Basting Brush 7) Large Mixing Bowl
PREP	<p>DISH</p> <ol style="list-style-type: none"> 1) Cut the Yellow Onion into 8 wedges and set it aside. 2) Chop the Carrot into 1" pieces and add it on top of the Onions 3) Chop the Celery into 1" pieces and add it on top of the Onions. 4) Strip the leaves off of the Parsley and set them aside. 5) Preheat the oven to 500 degrees with a rack in the lower third.
1	Brush the Tomato Paste evenly over the Bones and Shanks and place them in the roasting pan. Add the Celery, Carrot and Onion on top and lightly coat them all with non-stick cooking spray. Bake uncovered for 45 minutes.
2	Place the roasted Bones and Vegetables in the pressure cooker. Add in the Peppercorns, Bay Leaves and Parsley. Add in the cold water. Lock the lid on and set the pressure cooker to high pressure for 40 minutes. Turn off the pressure cooker and quick release the pressure.
3	Remove the lid. Pass the stock a ladle at a time through a cheesecloth-lined fine wire strainer over a large mixing bowl. Press on the solids to release the excess moisture.

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4	If you intend to use the Beef Stock immediately: Place the strained Beef Stock into a gravy separator discarding the fat that floats to the top.
5	If you will be refrigerating or freezing it for later use: Allow the Stock to cool, cover the bowl with plastic wrap and place it undisturbed in the refrigerator for 8 hours. Remove the cold Stock and using a spoon, scrape off and discard all of the fat that has solidified on the top. Place the jelled stock in airtight plastic containers. You may refrigerate it for up to 3 days or freeze it for 3 months. Thaw it completely in the refrigerator before using.