

Beef Stock

Ingredients

910g beef bones, sawed by the butcher into 1-2 inch pieces
450g cross-cut meaty beef shanks
1 tablespoon vegetable oil
1 small onion, coarsely chopped
1 small carrot, coarsely chopped
1 small celery rib with leaves, coarsely chopped
1 clove garlic
1 tablespoon tomato paste
¼ teaspoon dried thyme
¼ teaspoon black peppercorns
4 parsley sprigs
1 bay leaf
2 quarts water

Directions

In a 5-7 quart pressure cooker, heat the oil over a medium-high heat.
In batches, add bones and shanks and cook, turning occasionally, until lightly browned, about 6 minutes.
Transfer to a plate and set aside.

Pour all but 1 tablespoon of the fat from the pot.
Add the onion, carrot, celery and garlic.
Cook, stirring occasionally, until the vegetables soften, about 2 minutes.

Return the shank and bones to the pot. Stir in the tomato paste, thyme, peppercorns, parsley and bay leaf. Add the water.

Lock the lid in place; bring to high pressure over a high heat. Adjust the heat to maintain the pressure. Cook for 1 hour.
Remove from heat and release the pressure naturally. This will take 20 minutes.
Strain the stock into a large bowl. Cool completely. Cover and refrigerate overnight.

Using a large spoon, remove the chilled fat from the surface of the stock.
(The stock can be prepared up to 3 days ahead, stored in an airtight container and refrigerated, or frozen for up to 6 months.)