



**Miele**

# Beef or veal stock

By Miele

**10 minutes**

Preparation Time

**2 hours and 45 minutes**

Cooking Time

**2 litres**

Serves

## INGREDIENTS

- 1 kg beef or veal bones
- 1 brown onion, roughly chopped
- 2 carrots, roughly chopped
- 2 celery sticks, roughly chopped
- 2 parsley sprigs
- 1 bay leaf
- 2 litres (4 cups) water

## Miele accessories

Unperforated steam container

## **METHOD**

### **Induction cooktop method**

1. Place bones on a universal tray. Place in the oven at shelf level 2 and roast on Fan Plus at 200°C for 45 minutes, or until the bones are golden brown; discard excess fat.
2. Combine the bones with the remaining ingredients in a large saucepan and bring to a simmer on medium heat, induction setting 5. Reduce heat to low, induction setting 3, and simmer, covered for 2 hours.
3. Strain the stock and discard solids. Cool then refrigerate until completely chilled, approximately 6 hours.
4. Once cold, remove any fat on the surface.

### **Steam oven method**

1. Place bones on a universal tray. Place in the oven at shelf level 2 and roast on Fan Plus at 200°C for 45 minutes, or until the bones are golden brown; discard excess fat.
2. Combine bones with remaining ingredients in a deep unperforated steam container. Place into the steam oven and Steam at 100°C for 2 hours.
3. Strain the stock and discard solids. Cool then refrigerate until completely chilled, about 6 hours.
4. Once cold, remove any fat on the surface.

### **Hints and tips**

- Refrigerate stock for up to 5 days or freeze for up to 6 months.
- Almost any vegetable can be used to make this stock, try using fennel or leek for a deeper flavour.
- There is no need to peel the vegetables for this stock.