



RED WINE DEMI-GLACE

Recipe by KATHRYN JOEL

6 lbs meaty veal bones (or enough to fill your largest stock pot) or use beef bones (knuckle and marrow bones are best)

1/2 tube tomato paste, or use 1/2 a small can of tomato paste

1 bottle red wine

2 carrots, chopped into large 2-3 inch pieces

2 sticks celery, chopped into 2-3 inch pieces

1 large onion, halved or quartered, depending on the size

1 leek, halved lengthways and washed, or use leek greens

handful of parsley stalks

2-3 sprigs of thyme

2 bay leaves

8-10 black peppercorns

- Preheat your oven to 400°F.
- Place the veal bones on a parchment lined roasting tray, then roast for up to an hour, until caramelized, turning occasionally.
- Heat some oil in the stock pot and sauté the vegetables until browned.
- Add the tomato paste, stirring briefly to combine with the vegetables, then cook stirring for about 20 seconds.
- Add the red wine to deglaze, bring to a boil and reduce by half
- Now transfer the roasted bones to your stock pot along with the parsley stalks, fresh thyme, bay leaves and black peppercorns then cover with cold water by at least 2".
- Bring just to the boil, then turn down to a gentle simmer.
- Skim off any scum from the top of the stock but don't stir.
- Simmer very gently for 8-10 hours, then strain and refrigerate.
- The next day lift the congealed fat off the surface of the stock.
- Reduce by about three quarters, to a demi-glace. Your reduced demi-glace should have a spoon coating consistency.
- Transfer to small containers, allow to cool, then freeze.

EQUIPMENT

A large pot

A knife and cutting board

Sheet pans and parchment paper

A fine mesh strainer

Container(s) for storing the stock in