



# Beef Meat Stock

2 Osso Bocco pieces plus 3-4 bones containing marrow or joints (these can be obtained from a butcher) – ensure they're grass fed or organic where possible

(You can substitute lamb bones / meat or venison if that's more readily available at the time)

## *Ingredients:*

Filtered water

1 Tablespoon Apple Cider Vinegar

6-12 peppercorns

1-2 teaspoons Himalayan Rock salt

2-3 Bay Leaves

## *Optional Extras:*

1 brown Onion, chopped

1 leek, chopped

1-2 chopped carrots

2-3 celery sticks, chopped

2 cloves garlic

## *Instructions:*

Place bones and meat into a large stainless steel pot or slow cooker with rest of the ingredients and water (fill the pot or slow cooker until it's about 5-10cm from the top).

### *Stove Top:*

Bring to the boil and leave to simmer for 4-6 hours on the stove.

### *Slow Cooker:*

Turn the slow cooker to low and cook for 12 hours.

Once finished, allow the stock to cool slightly before straining. Remove the meat, any gelatinous material and marrow and put aside to be used later then strain the rest.

If you're going to freeze the stock allow it to cool completely before placing in containers and freezing.

Keep the cooked bones, these can be used again at a later date to make a bone broth.