

# COOK Ahead

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## HOMEMADE STOCKS

Having homemade stock on standby in the freezer is so handy. It's tastier than store-bought and inexpensive to make. Although it needs some time to simmer on the stovetop, it takes very little effort to cook. The longer you leave your stock to gently simmer, the more intense the flavour will be. Remember: never season your stock with salt. Do this once you are ready to use it, so you can control how salty the final dish will be.

### BEEF STOCK

Makes about 1.5 litres

1.5 kg beef bones  
500 g oxtail (optional)  
2 carrots, halved crossways  
2 celery stalks, halved crossways  
1 large onion, halved  
1 tablespoon olive oil  
1 bouquet garni (2 dried bay leaves, a few sprigs each of flat-leaf parsley and thyme tied together)  
½ teaspoon whole black peppercorns  
2 tablespoons apple cider vinegar

Preheat the oven to 200°C fan-forced.

Place the beef bones and oxtail, if using, in a flameproof roasting dish and add the vegetables. Drizzle with the olive oil and roast for 45–60 minutes or until the bones are a deep golden brown.

Transfer the bones and vegetables to a stockpot. Add 250 ml (1 cup) of water to the dish, place over medium heat and bring to the boil. Scrape the bottom of the dish with a wooden spoon to release all the lovely stuck-on caramelised bits. Pour this liquid into the stockpot, add the bouquet garni, peppercorns and vinegar, cover with plenty of cold water and bring to the boil. Reduce the heat to medium-low and cook for 4–6 hours, skimming off any impurities that come to the surface with a spoon, until the stock is a rich deep colour.

Strain the stock through a fine sieve into a large jug or bowl and discard the solids. The stock is now ready to use for your stews, soups and risottos.



**Freeze** Portion the stock into airtight containers. Cool, seal, label and date. Freeze for up to 3 months.



**Thaw** Thaw overnight in the fridge. Alternatively, thaw in the microwave using the thaw function for 3–4 minutes or until liquid.



OUT  
28 JANUARY

