



Adapted from Martha Stewart's Cooking School book (2008) and her show on PBS:

Basic Brown Stock with Bison Bones

4 – 6 pounds bison bones, (knuckles, shin, short ribs, or oxtail)
3 Tbsp. olive oil, sunflower oil or other neutral-tasting oil
2 Tbsp. tomato paste
2 onions – unpeeled and quartered
2 celery stalks – cut into thirds
2 carrots, peeled and cut into 2 inch pieces
4 garlic cloves

Deglaze roasting pan:

1 cup water or red wine (optional)

Herbs:

6 sprigs flat leaf parsley
4 sprigs thyme
2 dried bay leaves
2 teaspoons whole black peppercorns

Instructions:

1. Heat oven to 400 degrees.
2. Arrange bones in single layer in a large heavy roasting pan. Drizzle oil over bones and turn to coat.
3. Roast 45 minutes, turning once, and stirring occasionally for even browning.
4. Remove from oven, add tomato paste and stir to combine. (optional: place roasting pan over two burners and allow the tomato paste to brown slightly for 30 seconds – adds sweetness and cooks out some acidity)
5. Add vegetables to roasting pan, stir well. Return to oven and roast until vegetables are browned and tender and bones are deeply browned – about 40 more minutes. Remove bones and vegetables to large stock pot.
6. Deglaze: Remove fat from roasting pan and discard. Set roasting pan over two burners. Add wine or water and bring to a boil, scraping brown bits from bottom of pan with a wooden spoon. Boil until liquid is reduced by half, about 3 minutes. Add to stock pot.
7. Add about 6 quarts of water to cover bones and vegetables by 2 inches. Bring to just under a boil and reduce to gentle simmer. Add herbs and peppercorns and gently simmer uncovered over low heat for 8 hours – adding more water as necessary to keep everything submerged. (Optional: Use a crockpot on low setting)
8. Allow stock to cool slightly. Pour stock through a fine colander lined with cheesecloth. Do not press solids. Discard solids. Refrigerate stock at least 8 hours to allow the fat to accumulate at the top. Take off fat and discard. Stock will have a jelly consistency and be dark brown. Store in air tight containers – refrigerate up to 3 days, or freeze up to 3 months. Thaw in refrigerator before using.