

**Miele**

# Beef bone broth

By Miele

**30 minutes**

Preparation time

**6 hours 30 minutes**

Cooking time

**2-3 litres, depending on the size of your cooking container**

Serves



## INGREDIENTS

- 1.5kg beef bones including neck bones, brisket bones and ox-tail
- 2 brown onions, peeled, cut in half horizontally
- 2 carrots, roughly cut
- 2 tomatoes, halved
- 1 large sprig of parsley, with stalks attached
- 10 black peppercorns
- 1 star anise
- 3 garlic cloves, crushed with the back of a knife
- 1 x 10cm by 3cm piece of kombu
- 4 dried shiitake mushrooms, soaked, drained, reserve the soaking liquid
- 1 tbsp apple cider vinegar
- Water to cover (2-3 litres)

## **METHOD**

1. Preheat oven on Fan Plus at 180°C.
2. Roast the beef bones until browned, approximately 30 minutes.
3. Remove bones from the tray, drain and discard the fat that has rendered. Using a little warm water add a little to the tray. Using a spatula scrape the sediment off. Add more water if needed. Reserve this for the broth.
4. Fry the onion, cut side down with a little oil in a pan over medium-high heat, induction setting 7, until caramelised and browned.
5. In a deep unperforated steam container, place all the ingredients and cover with the water.
6. Place in the steam oven and Steam at 95°C for 6 hours.
7. Carefully remove from the steam oven and decanter the liquid through a sieve into a large jug or bowl. When the bones are cool to handle, if there is meat attached, remove and shred for later use.
8. With a ladle, skim and remove the beef bone broth of the fat from the surface and discard.

## **Hints and tips**

- Be mindful you will need to refill the steam oven water container during the cooking process.
- Cooking time can be extended to extract more goodness from the bones.
- Refrigerating the strained bone broth overnight will allow the fat to solidify and be removed more conveniently.
- Bone broth can be stored in the freezer for up to 3 months.