

VEAL STOCK AND DEMI GLAZE

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From the Yale Appliance + Lighting Chef Series

Veal Stock and Demi Glaze

Ingredients:

- **Approximately 5 lbs of rib bones (shanks are great to use)**
- **4 Carrots, rinsed and chopped**
- **1 large Yellow Onion. chopped**
- **2 Leeks, rinsed and chopped**
- **2 Celery stalks, rinsed and chopped**
- **Bouquet Garni: bay leaves, peppercorns, thyme and tarragon**
- **1-1/2 cups pureed, Sun-dried Tomatoes**
- **3/4 cup of Flour**
- **2 tablespoons Grape-seed oil**

Methods:

1. Turn your oven on - 400° Bake or 375° Convection
2. Using the turkey roasting pan over a medium heat on the stove top, heat it for a few minutes. Then add the grape seed oil followed by the vegetables. Cook for a few minutes. Glaze the bones with the tomato puree, place them over the vegetables and dust with flour. Place the roasting pan into the oven.
3. After about 10 minutes, use a spatula and turn the bones. Cook until they brown (not burnt) all over. Use a pitcher to fill the pan with enough cold water to cover the bones. Turn the oven down to 275° and cook for at least 6 hours (you could also use

the stove top at this stage). This will reduce the liquid to about 1/3-1/2 its original volume and extract flavor from the bones.

4. Carefully remove pan from oven. Using a fine strainer or cheese cloth in a colander, strain the liquid into a container. Skim off any fat with a ladle or use the grease separating measuring cup. At this stage you have a nice veal stock.
5. For demi glaze, measure the quantity of stock that you have. Then measure 1/4 of the stock volume in red wine. Place the wine into a pot, with a peeled shallot and two bay leaves, over a high heat and reduce about half its volume. Add your stock and turn the heat to simmer. You want to reduce this stock/wine mixture to the point where it begins to thicken but not become syrup. Skim off any additional fat and strain into small containers allowing to cool to room temperature before you refrigerate or freeze. Great to add to a pasta, chops, steak and a poultry braise or saute.