Chef Roger Coons’ Basic Veal Stock / Demi Glace’

Ingredients:

* 5-7 pounds Veal bones
* 2 carrots, large dice
* 2 stalks of celery, large dice
* 1 large onion, large dice
* 2 bay leaves
* 4 sprigs of fresh thyme or 1 tsp dry thyme
* 10 whole peppercorns
* 2 ounces tomato paste

1. Place the veal bones in an oven roasting pan in the oven at 450 F. Cook the bones turning them occasionally to brown evenly for approximately 45 minutes to 1 hour until they are deeply browned on all sides.
2. Place the bones in a very large stock pot and add cold water to fill the pot approximately 3 inches from the top of the pot. Discard the fat from the roasting pan, but reserve the pan to roast the vegetables. Bring the bones to a simmer. Use a ladle to gently remove the fat and impurities that come to the top. This is particularly important in the first hour or two of simmering.
3. While the bones are coming to a simmer, place the carrots onion and celery in the same roasting pan used to cook the bones. Place the veggies in the oven and roast for 15-20 minutes until they begin to take on color at the edges. Stir them occasionally as they roast. Don’t worry if they are removing the dark bits from the bottom of the pan, we want these to color and flavor our stock. I like to use a pair of metal tongs while stirring and deliberately scrape up the “fond” on the bottom of the roasting pan.
4. Add the roasted vegetables to the stock pot along with the tomato paste, bay leaves, peppercorns and thyme.
5. Continue to simmer the stock for a total of 10-14 hours. This amount of time is required to extract the collagen from the bones which give the stock texture.
6. It may be necessary to “top the pot off” with some water as it reduces. I add water every couple of hours keeping it near the top of the pot.
7. After the full cooking time, strain the stock through a very fine strainer or cheesecloth to remove all particles.
8. From this point you can cool the stock. I place the stock in a metal pot and then place the pot in an ice bath in my sink. Stir the stock regularly and add ice to the water bath as it melt. After 20-40 minutes the stock should be cooled enough to refrigerate. It may also be frozen. I would freeze it in small containers for ease of thawing.
9. You can also reduce this stock down to demi glace prior to cooling it. Return the strained stock to a clean stock pot. Boil the stock until its volume has reduced by half. At this point, follow the same procedures for cooling as it step 8. I like to freeze demi glace in ice cube trays so I can take out just what I need when I need it.