

RENDERED BEEF MARROW

I think I got the idea for this watching one of Guga's videos, but I think the thing that put it over the edge was seeing Beef Tallow, Pork Fat, and Duck Fat in the store. It was kinda pricey (around \$14 for a jar if I recall correctly) and I thought I might be able to do it for cheaper. Then I saw how much I paid for the marrow bones.

Anyways, this has a great taste and very different mouth feel. Great for searing steaks and I think it has great potential for grilled cheese sandwiches. It also gave me another idea for an entry in my "The Stoopdest Thing I Have Ever Done" series

INGREDIENTS

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
5 3/4	lbs	Beef Marrow Bones
AR	-----	Kosher Salt
AR	-----	Distilled Water

You should be able to find beef marrow bones in most supermarkets these days

You don't necessarily need distilled water. Regular tap water should work just fine unless it is funky

SPECIAL TOOLS

- Oven safe Dutch oven [i]

PREPARATION

DAY BEFORE

- 1) Put the marrow bones in bowl, weigh the bones and bowl, and record the weight.
- 2) Cover the bones with water
- 3) Weigh the bowl, bones, and water and record the weight
- 4) Calculate the weight of salt needed
 $\text{Weight of Salt} = 3.5\% * (\text{Weight of Bones, Bowl, and Water} - \text{Weight Bones and Bowl})$
- 5) Remove the bones from the water
- 6) Whisk the salt into the water until it fully dissolves
- 7) Put marrow bones back in the water
- 8) Let the bones brine in the fridge for 24 - 48 hours

DAY OF

- 1) Heat oven to 250 deg. F
- 2) Put the marrow bones in the oven safe Dutch oven
- 3) Put the Dutch oven in the oven uncovered
- 4) Let cook for 6 - 7 hours
- 5) Pull the bones and set aside
- 6) Strain the rendered marrow from the Dutch oven through a metal strainer into a 1 quart measuring cup
- 7) Strain the strained rendered marrow again, but this time through cheesecloth and a metal strainer into a 1 quart measuring cup
- 8) Put the rendered fat into mason jars, label with the date, and put into fridge

CLOSING THOUGHTS

This is interesting stuff. Definitely different from other fats. I really need to experiment with this a bit more

NOTES

- i. I really like my Le Creuset. VERY pricey though.

PICTURES











