



**BLUESCREEK FARM MEATS'**

# STOCK BASICS

## INSTRUCTIONS

Making stock should be easy and stress free.

Beef, Lamb, Pork, Goat, Veal and Bison Stocks usually cook for 12-24 hours (some people will cook 24-48 hours)

Chicken or Turkey Stock usually cook for 8-12 hours.

### Easiest way to make stock:

1) Put up to 5#-8# of bones in a large roasting pan (Turkey Roaster). Bake in the oven at 425°F for 15 - 20 minutes (no lid).

*\*Roasting the bones before cooking will just give your stock a richer flavor. Otherwise your stock may have a muted flavor.*

*\*Usually just one species per batch and a variety on the types of bones, if available (Example: Beef Stock, I would suggest using a combination of Soup, Neck and Marrow Bones). This will give your stock the most complexity and nutrition.*

2) Add root vegetables (onions, celery, carrots - can use scraps).

*\*The equivalent of 1 yellow onion (quartered), 3 organic carrots and 4 stalks of celery is my go to vegetable base. Please feel free to add more or less. Vegetables are not needed, but they will add a little more balance and nutrients to your stock. Stay away from strong flavors like beet.*

3) Cover the bones completely with water (fill the pan up to the top, leaving no more than 1-2 inches from the rim).

*\*Try to fill most of the pan while it is in the oven to decrease the chances of spilling.*

4) Turn oven to 275° F

5) Put lid on roasting pan and let it bake for 4 hours.

6) Check it after 4 hours to see if you need to add more water. You always want the bones to be submerged in water.

*\*Checking the stock every 4 or 6 hours is more than enough.*

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## INGREDIENTS

Water

Root Vegetables

*1 Yellow Onion*

*3 Organic Carrots*

*4 Celery Stalks*

5#-8# Bones

*(One species at a time)*

## EQUIPMENT

Large Roasting Pan

Metal Strainer

### Optional:

Ice Cube Tray

Silicone Cupcake Pan

Gallon Ziplock Bags

Containers



7) If you let it go overnight set the oven to 250 degrees, make sure pan is full of water and check when you wake.

*\*Most people let the bones bake in water for 12-24 hours. Chicken & Turkey Stocks tend to be more like 8-12 hours.*

8) When you have reached your desired color, pull from the oven, remove the lid and let it cool (1 hour or so).

9) Once it is cool enough to safely work with, strain bones, vegetables and debris - putting the stock in refrigerator safe containers.

*\*REMEMBER that the stock is what you want to save!  
DO NOT DUMP THE STOCK DOWN THE DRAIN!*

10) Refrigerate overnight

11) Skim fat from the top of stock (if you want) and then you have stock ready to drink, package or freeze.

*\*Ice cube trays or silicone cupcake pans are great ways to portion and freeze your stock. Then you can package in ziplock baggies to pull out for easy use.*

*\*Some people will skim the fat and use it for frying.*

Enjoy your stock!

Some people prefer to make stock in the crock pot or on the stove top. There is nothing wrong with that. This guide is just giving you an easy option for making a large batch of stock with very minimal effort.

IMPORTANT: Do **NOT** use Salt or Pepper during the stock making process. You may choose to add salt and/or pepper when you are using it.