



MEAT

ENGLISH GARDEN SOUP

The garden provides an array of root vegetables that often get overlooked just because they are inexpensive. In fact, they are nutritious and worthy. Rutabaga, celery root, and even sweet potato would also fit in comfortably here. The Victorians advocated beef soup as a restorative for any kind of ill; this is a superior variation.

1 tablespoon BUTTER	1 BAY LEAF
1 ONION	4 cups BASIC BEEF BONE
3 stalks of CELERY	BROTH or ROASTED BONE BROTH
1 LEEK	(recipes on following pages)
3 CARROTS	2 tablespoons HEAVY CREAM
3 PARSNIPS	(optional)
1 POTATO	
Bunch of fresh PARSLEY	SERVES 4

First, sweat the vegetables. Melt some butter in a wide pot over medium heat. Skin and dice the onion, celery and the leek and allow to soften in the butter. Top and tail the carrots, quarter lengthwise, dice, and add to the pot. Peel the parsnips and potato and dice, then add. Leave everything to soften for 10 to 15 minutes.

Then add the parsley stalks—reserving the leaves for garnish—the bay leaf, and the broth to cover well. Cover and simmer for 30 minutes.

Remove the herbs. Taste and adjust the seasoning. Liquidize in a blender or food processor, with a couple tablespoons of cream, if desired. Garnish with parsley to serve.

BASIC BEEF BONE BROTH

This is an all-purpose, long-cook broth. I do not normally eat any of the meats cooked in the process but if you would like to, then hold back the shin and just give it a couple of hours at the end. Poaching meat in the broth is a good idea, too, but it is not really a soup idea. If you want something quicker, see the Small kitchen beef and tomato soup (page 106).

1 pound BEEF SHIN	2 CARROTS
1 pound SHORT RIB	2 ONIONS
1 pound OXTAIL	3 stalks of CELERY
1 glass RED WINE or VINEGAR	

MAKES 1 GALLON

Preheat the oven to low—about 250°F. Spread the meats and bones across the bottom of a large casserole dish. Cover with 1½ gallons cold water and heat on the stove. Bring to a simmer and watch a few minutes for any scum that may rise. Ladle it off if it does. Add the glass of wine or vinegar, which will help to leach out the nutrients from the bones.

Transfer the casserole dish to the oven and leave for 6 to 7 hours to cook away, just checking occasionally to see that the water has not disappeared. If it is losing liquid, top up afresh and turn the oven down a notch. When you feel happy

with it—you can usually smell what is going on—turn off the oven and let cool overnight at room temperature. If you continue for longer, just be wary that the liquid does not disappear on you.

In the morning, take out the bones and meats, decant the liquid and store in the refrigerator. When it is set into gelatin, scrape off any white fat.

To finish, put the liquid back in a pot and bring to a simmer. Roughly chop your vegetables, keeping the skins on, add to the pot and simmer for 60 to 90 minutes. Then strain and store in the refrigerator until required.

ROASTED BONE BROTH

The French chemist Louis Camille Maillard recorded way back in 1912 that if meats are roasted at high temperatures, there is a complex reaction when the amino acids and the sugars combine, creating new flavors. The easiest demonstration of this in action is grilling a slice of bacon. You don't get the same effect from poaching because the reaction is diluted. To achieve the Maillard reaction, you follow exactly the same methodology as for a Basic beef bone broth (page 93), with a few variations.

1 pound BEEF SHIN	2 CARROTS
1 pound SHORT RIB	2 ONIONS
1 pound OXTAIL	3 stalks of CELERY

MAKES 5 TO 6 CUPS

Preheat the oven to 300°F. Spread the meats and bones across the bottom of a large casserole dish, then roast the meat in the oven for 45 minutes. Remove the dish and turn the oven down to 250°F. Decant off any fats, cover with cold water and bring to a simmer on the stove.

Then return to the oven for 7 hours. Check regularly to ensure that the water has not disappeared, and top up if necessary. When the time is up, turn off the oven and let cool overnight.

In the morning, remove the bones and meats, decant the liquid and put in the refrigerator. When it is set into gelatin, scrape off any white fat and pour the liquid into a pot. Bring to a simmer. Roughly chop your vegetables, keeping the skin on, add to the pot, and cook for 60 to 90 minutes. Then strain and store in the refrigerator until required.