

# Soup Stock - Brown Stock

*Fresh Ways with Soups & Stews*  
*Time-Life Books*

## **Yield: 3 quarts**

*3 pounds veal breast (or veal-shank or beef-shank meat), cut into three-inch pieces*  
*3 pounds uncooked veal or beef bones, cracked*  
*2 onions, quartered*  
*2 stalks celery, chopped*  
*2 carrots, sliced*  
*3 cloves unpeeled garlic, crushed*  
*8 black peppercorns*  
*3 cloves*  
*2 teaspoons fresh thyme OR 1/2 teaspoon dried thyme leaves*  
*1 bay leaf*

## **Preparation Time: 40 minutes**

Preheat the oven to 425 degrees.

Place the meat, bones, onions, celery and carrot in a large roasting pan and roast them in the oven until they are well browned - about one hour.

Transfer the contents of the roasting pan to a large pot. Pour two cups of water into the roasting pan. With a spatula, scrape up the browned bits from the bottom of the pan. Pour the liquid into the pot.

Add the garlic, peppercorns and cloves. Pour in enough water to cover the contents of the pot by about three inches. Bring the liquid to a boil, then reduce the heat to maintain a simmer and skim any impurities from the surface. Add the thyme and bay leaf. Simmer the stock very gently for four hours, skimming occasionally during the process.

Strain the stock. Allow the solids to drain thoroughly into the stock before discarding them.

Degrease the stock (see note).

Start to Finish Time: 5 hours 30 minutes

*Thoroughly browning the meat, bones and vegetables should produce a stock with a rich mahogany color. If your stock does not seem dark enough, cook one tablespoon of tomato paste in a small pan over medium heat, stirring constantly, until it darkens, about three minutes. Add this to the stock about one hour before the end of the cooking time.*

*Any combination of meat and bones may be used to make the stock. Ideally, the meat and bones together should weigh about six pounds. Ask your butcher to crack the bones.*

*The easiest and most effective degreasing method is to refrigerate the finished dish, then lift the congealed layer of fat from the surface. Because chilling takes time, it is ideal for soups, stews or stocks that are made ahead. To inhibit bacterial growth, a hot soup or stew should be quickly cooled to room temperature, then partially covered and refrigerated. The fat may then be removed before the dish is reheated. Stock, too, should be cooled rapidly: pour it into small containers and set them in a shallow bath of ice water. So that the stock will not sour, it should be covered and refrigerated only when it has cooled. Before transferring chilled stock to the freezer, scrape away all surface fat.*

*To degrease a hot dish just before serving it, use a soup ladle or large, shallow spoon to skim off as much fat as you can. Tip the pot, if need be, to pool the last bit of unwanted fat.*

Soups, Chili and Stews

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Per Serving (excluding unknown items): 140 Calories; 4g Fat (22.7% calories from fat); 3g Protein; 30g Carbohydrate; 13g Dietary Fiber; 0mg Cholesterol; 168mg Sodium. Exchanges: 1 Grain(Starch); 3 1/2 Vegetable; 1 Fat.

## Per Serving Nutritional Analysis

Calories (kcal):	140
% Calories from Fat:	22.7%
% Calories from Carbohydrates:	69.7%
% Calories from Protein:	7.7%
Total Fat (g):	4g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	0mg
Carbohydrate (g):	30g
Dietary Fiber (g):	13g
Protein (g):	3g
Sodium (mg):	168mg
Potassium (mg):	920mg
Calcium (mg):	202mg
Iron (mg):	3mg
Zinc (mg):	1mg
Vitamin C (mg):	35mg
Vitamin A (i.u.):	40725IU
Vitamin A (r.e.):	4071RE

Vitamin B6 (mg):	.5mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	61mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	0.0%

## Food Exchanges

Grain (Starch):	1
Lean Meat:	0
Vegetable:	3 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

## Nutrition Facts

### Amount Per Serving

<b>Calories</b>	140	Calories from Fat: 32
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### % Daily Values\*

<b>Total Fat</b>	4g	7%
Saturated Fat	1g	6%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	168mg	7%
<b>Total Carbohydrates</b>	30g	10%
Dietary Fiber	13g	50%
<b>Protein</b>	3g	
<b>Vitamin A</b>		815%
<b>Vitamin C</b>		59%
<b>Calcium</b>		20%
<b>Iron</b>		16%

\* Percent Daily Values are based on a 2000 calorie diet.