

INSTANT POT METHOD (3-hours)

5 pounds assorted beef bones (marrow, necks and feet or shanks)
2 tablespoons vegetable oil
2 carrots, diced medium
2 onions, diced medium
2 celery stalks, diced medium
1 head garlic, cut in half
1 bay leaf
8 black pepper corns
2 tablespoons tomato taste
5 quarts water (do not go over max fill line)



Drizzle the oil onto a large roasting pan and place the bones in the pan in a single layer. Roast at 425 degrees for 45 minutes. Place the roasted bones in the Instant Pot and add ½ cup water to the pan to deglaze. Scrape any remaining pieces and juices into the Instant Pot. Place the vegetables in the same roasting pan and roast at 425 degrees for 15 minutes. Place the roasted vegetables into the Instant Pot. Add the remaining ingredients to the Instant Pot. The water should just cover the bones without going over the max fill line. Pressure cook on high for 1 ½ hours. When done, *do not release the pressure*. Let the Instant Pot sit for 30 minutes. Release the pressure valve and strain through a cheese cloth into a second pot. Place the pot into a sink of ice water that is 2 inches deep for 10 minutes to cool. Place the pot into the fridge until the fat rises to the top and solidifies (overnight is best). Scrape the fat from the top and discard. Refrigerated stock for up to 5 days or freeze in muffin pans for up to one year.

STOCK POT METHOD (13-hours)

5 pounds assorted beef bones (marrow, necks and feet or shanks)
2 tablespoons vegetable oil
2 carrots, diced medium
2 onions, diced medium
2 celery stalks, diced medium
1 head garlic, cut in half
1 bay leaf
8 black pepper corns
2 tablespoons tomato taste
5 quarts water



Drizzle the oil onto a large roasting pan and place the bones in the pan in a single layer. Roast at 425 degrees for 45 minutes. Place the roasted bones in the stock pot and add ½ cup water to the pan to deglaze. Scrape any remaining pieces and juices into the Instant Pot. Place the vegetables in the same roasting pan and roast at 425 degrees for 15 minutes. Place the roasted vegetables into the stock pot. Add the remaining ingredients to the stock pot. Place over medium high heat until it just begins to simmer. Reduce heat to medium low and cook for one hour. Skim off any scum that rises to the top and discard. Reduce heat to the lowest setting and simmer for an additional 11-14 hours. Strain through a cheese cloth into a second pot. Place the pot into a sink of ice water that is 2 inches deep for 10 minutes to cool. Place the pot into the fridge until the fat rises to the top and solidifies (overnight is best). Scrape the fat from the top and discard. Refrigerated stock for up to 5 days or freeze in muffin pans for up to one year.