

More than 1 hour

Makes 1L

Share with friends

Share on facebook

Share on twitter

Share on pinterest

Share on whatsapp

Share on email

Ingredients:

- 2kg beef bones
- 2-3 glugs olive oil
- 1 onion, quartered
- 4-5 cloves garlic, sliced
- 2-3 carrots, roughly chopped
- 2-3 stalks celery, sliced (leaves included)
- Handful hardy herbs such as rosemary, thyme or bay leaves
- 1 sachet (50g) tomato paste
- 2 Tbsp (30ml) sugar
- ½ cup (80ml) red wine (water can be used as an alternative)
- 4 cups (1L) cold water
- 1 Tbsp (15ml) cornflour
- 1 Tbsp (15ml) butter
- Salt and milled pepper

Method

GOOD IDEA

This gravy can also be frozen
for later use.

1. Divide bones between 2 large oven trays and drizzle with oil.
2. Roast at 180°C for 20 minutes until browned.
3. Heat a glug of oil in a large pot and fry onion, garlic, carrot and celery for 8-10 minutes.

4. Add bones, herbs, oven tray juices and roasted bits to the pot and stir to coat.
5. Add tomato paste and cook for 1 minute, then add sugar.
6. Pour in red wine (or water) and scrape the bottom of the pot to loosen all the tasty bits.
7. Cover with cold water and simmer for 45-60 minutes, skimming foam that forms off the top.
8. Strain through a sieve or muslin cloth into a saucepan, discarding bones and vegetables.
9. Whisk cornflour into $\frac{1}{4}$ cup (60ml) of the warm strained gravy until smooth.
10. Add this mixture back into the gravy in the saucepan and simmer gently for 3-4 minutes, whisking until thickened.
11. Whisk in butter until dissolved. (This gives gravy a richness and a beautiful shine)
Season well.
12. Serve immediately, or cover with clingfilm directly on the surface to avoid a "skin" forming.