

More than 1 hour

Makes 1 cup

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Ingredients:

- 8 medium-sized beef marrow bones
- Glug olive oil
- Salt and milled pepper
- ¼ cup (60g) softened butter
- 1 bulb garlic, outer papery layers removed
- Handful fresh parsley, chopped
- 2-3 sprigs each fresh rosemary and thyme
- 2 red chillies, deseeded and chopped
- Juice (60ml) and grated peel of 1 lemon

Method

1. Drizzle garlic and marrow bones with oil and season.
2. Place on a baking tray (with garlic wrapped in foil).
3. Roast at 200°C for 20 minutes on the middle rack of oven.
4. Move tray to top rack, roasting garlic for another 15 minutes and marrow bones for 25-30 minutes until browned.
5. Remove and cool. Squeeze garlic pulp out of clove casings.
6. Scoop out marrow from bone and combine with garlic pulp and remaining ingredients.
7. Mix until smooth.
8. Serve on a slice of hot toast or add a dollop to your steaks.

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