Roasted Bone Marrow

NIBBLEDISH CONTRIBUTOR

Ingredients

2 tbsp Extra Virgin Olive Oil
1/4 Cup All Purpose Flour
2-3 lbs Bone Marrow1/2 Medium Onion
1 Can Beef Stock
2-3 Bay Leaves
2 tbsp Lemon Pepper
2 tbsp Salt

Water - As needed

Instructions

Start be preparing the bone marrow. Take them out of the package and drizzle each side - with marrow - with a very small amount of flour. Set aside.

In a deep pan, start by pouring the olive oil and cut onion into thin slices and add to the olive oil. Brown the onions until they are traslucent on medium heat.

Turn heat to high and place the bone marrow in the pan with the onions. Let the marrow cook on all sides, constantly turning them with tongs. This process will be done very quickly and you must stand over the marrow and turn them as you go. Once all 4 sides of the marrow are cooked with the oil and onions, turn heat down to low.

Pour beef stock over the marrow to make sure there's enough liquid to cover at least 2" over the marrow. If the stock is not enough, add water until desired liquid amount is met.

Add bay leaves, lemon peper, and salt and place on low simmer for 30-60 minutes. You

will know the marrow is ready when the marrow starts seperating from the bone.

Remove and discard liquid. Place in dish, sprinkle with fresh parsley if desired, and serve as appetizer or part of meal.