

Brown Sauce

2 lbs	meaty bones; chicken, beef, veal or mixture
1	onion, coarsely chopped
1	celery stalk, coarsely chopped
1	carrot, coarsely chopped
1	garlic clove
½ cup	tomato sauce
2 tbsp	flour
6 cups	water
1	bay leaf
¼ tsp	peppercorns

- In large shallow pan in 350°F oven, roast bones, onion, celery, carrot, garlic and tomato sauce for 30 minutes. Sprinkle flour over bones, continue roasting another 30 minutes, or until well browned; turn occasionally. Transfer vegetables and bones to large stockpot.
- Add water, bay leaf and peppercorns. Bring to boil; skim off foam.
- Cook, on low heat, for about 3 hours; remove bones and discard.
- Strain liquid through sieve; press down on vegetables to extract as much flavour as possible.
- Chill brown sauce; remove fat from surface. Brown sauce can be refrigerated for 2-3 days, or frozen for up to 4 months. Makes 4 cups.

Recipe by Gary Barone