

# Fondo Bruno

## *Fondo Bruno*

### (Meat stock)

*Fondo Bruno* translates from Italian as “brown stock.” This particular version hails from the Piedmont in the northern portion of Italy. It is a classic component in the truffle and pasta dish from the same region using [Tarajin](#) and served with a sage butter sauce. Where this differs a little from traditional meat stocks is the inclusion of the rather strongly flavored rosemary. The more traditional French stocks tend to use softer herbs like parsley. While not overwhelming, this does provide for a unique flavor profile. It also serves as a great introduction to varying your own basic stock recipe with other herbs you may have on hand to create unique, signature flavors

#### ***Ingredients:***

- 30 mL (approximately 2 Tbs) Extra virgin olive oil
- 1 kg (approximately 2– 2 ½ pounds) beef trimmings and bones
- 3-5 sprigs fresh rosemary
- 1 stalk celery
- 1 clove garlic, peeled
- 1 medium onion, roughly chopped
- 20 g (roughly 2 tablespoons) salt
- 2 tomatoes, cored and seeded
- 5 L (approximately 3 ½ quarts) water

#### ***Directions:***

Place a large stock pot over high heat and add the olive oil. Add the meat and bones, browning lightly. Make sure to adjust

the heat so that the meat and bones do not burn. Slowly add all the remaining ingredients, except the water. Allow all the ingredients to lightly browned, again adjusting the flame as necessary so they do not burn.

At the water, bring to a boil, then reduce to a simmer for 3 to 4 hours. Skim off any foam that collects on the surface. Remove from the heat, allow to cool slightly, and strain. You can make this broth up to 3-4 days ahead and store in the refrigerator. It will last in the freezer for roughly a month. Prior to use, once again bring it up to a boil, and then remove from the heat.

Makes approximately 3 L (approximately 3 quarts)