



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

BEEF BONES

Time: 30 minutes

Serves: 4

Ingredients:

8 3-inch pieces beef (ideally veal) leg bone (Ask for marrow bones)
2 tablespoons extra-virgin olive oil
4 tablespoons flat leaf parsley – finely chopped
2 cloves garlic - very finely chopped or crushed
¼ teaspoon lemon zest
⅛ teaspoon kosher salt
⅛ teaspoon fresh ground black pepper
Coarse sea salt for serving

Preparation:

Preheat your oven to 450F.

Place the beef bones in an oven-proof pan and place it in the oven for twenty minutes.

While the bones are roasting, combine the remaining ingredients in a small bowl to make a gremolada.

Remove the bones from the oven, plating with the bowl of gremolada and coarse sea salt. The marrow from the centres of the bones is typically spread on grilled bread along with the gremolada and seasoned with a pinch of salt. Grain-free crackers can be used in place of bread.

Nutritional Information Per Serving (assuming 1 ounce marrow per serving):

Calories: 312
Fat: 34g
Carbs: 0g
Fibre: 0g
Protein: 0g