

Merry Christmas

We wish you and yours a Happy & Prosperous New Year!

Anne and Ben Blanchet

Bob and Katie Blanchet

Cat and Mike Ellison

Zerelda and Brookshire Ellison

Brookshire Farm

(337) 893-5115 Farming so traditional it's innovative! Abbeville, LA

Winter at the Farm—Let's Eat Soup!

"Do you have a kinder, more adaptable friend in the food world than soup? Who soothes you when you are ill? Who refuses to leave you when you are impoverished and stretches its resources to give a hearty sustenance and cheer? Who warms you in the winter and cools you in the summer? Yet who also is capable of doing honor to your richest table and impressing your most demanding guests?"

Judith Martin (Miss Manners)

When the wind comes from the north, cool and crisp, the days are short. On the Farm we juggle the available forage to keep cows healthy and growing. When you come in from the cold, what could be better than soup? Good stock makes great soup.

The following recipe is quick and delicious with salt, pepper and tidbits of any vegetables or grain you have on hand. Or, it is the basis of rich, nutritious soup, gravy or stew. It has 3 components: Browned bones, mirepoix (carrots, onion, celery,) and seasonings.



Browned Bones



Mirepoix



Aromatics



Frozen Stock



Canned Stock

Beef Stock – 5–8 lbs of bones make 1 gallon of Stock

1. Preheat the oven to 400°F.
2. Prepare a 1– pound mirepoix and reserve. Mirepoix is coarsely cut onion, carrot, celery.
3. Rinse 5 to 8 pounds of beef bones and dry them well.
4. Place a thin layer of oil in a pan.
5. Add the bones in a single layer. Put them into the oven and cook 30 minutes. Turn and cook an additional 30 minutes or until evenly browned.
6. Transfer the bones to a stock pot.
7. Add 6 quarts of COLD water and bring to a boil.
8. Place the mirepoix in the pan used for bones. Cook in the oven until evenly browned, stirring as needed. Rinse this pan with a cup of water, stirring up any browned bits. Add it to the stock.
9. Reduce the stock to a simmer. The stock will throw off scum which should be skimmed throughout the simmering time for a clear, stock with good flavor.
10. Add aromatics: 1/2 tsp black peppercorns, 1 bay leaf, 1/2 tsp. thyme, 3–4 parsley stems, garlic (optional 1 clove.)

Simmer the stock for 4 hours or more; then allow it to cool enough to be handled.

Ladle the stock through a sieve or colander (I use cheese cloth). Discard the bones, vegetables and aromatics.

Store in appropriate containers. Be sure to label and date stocks. The fat will harden and can be easily removed, if you prefer the stock lean.

Stock can be frozen in zip lock bags or canned under pressure according to manufacturer's instructions.

100% Grass Fed Beef Bones for Stock are for sale from the Farm and every Saturday from 8 am until noon at Lafayette's Hub City Farmers Market in the Oil Center across from Champagne's.



An Old Farmer's Advice:

"Don't be lookin' down on somebody...unless you're offering a helping hand up."