

## **Marrow (moelle)**



The fatty filling of beef leg-bones, marrow is poached and used in sauces, garnitures, and on canapés. It is prepared as follows:

### **Step 1:**

#### **A beef marrowbone about 5 inches long**

Stand the bone on one end and split it with a cleaver.

Remove the marrow in one piece if possible. Slice or dice it with a knife dipped in hot water.

### **Step 2:**

#### **Boiling bouillon or boiling salted water**

Shortly before using, drop the marrow into the hot liquid. Set aside for 3-5 minutes until the marrow has softened. Drain, and it is ready to use.