



FARM HERO

The One in Tennessee

FARM HERO Chef Todd exclusive Roasted Bone Marrow recipe using local farm ingredients!

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ROASTED BONE MARROW

3 Lbs Beef Marrow Bones
3-5 Tbsp Kosher Salt
1/4 Cup Extra Virgin Olive Oil
2 Tbsp Minced Garlic
2 Tbsp Chopped Parsley
1 Tbsp Chopped Thyme
8 Slices of Rustic Bread

Fill a large bowl halfway with ice and 1 tsp of Salt per cup of water (enough to cover the bones). Add the Marrow Bones and refrigerate for 12 hours, replacing the salt water every 4 hours. The soaking of the bones makes for a cleaner look and taste for the finished product.

Preheat the oven to 450 degrees. Drain the Bones. Combine the Garlic, Herbs, 2 tsp Salt, 1.5 Tbsp Olive Oil and rub on the bones ensuring to get as much as possible on the marrow itself.

On a foil lined baking sheet, roast the bones standing up for 20 minutes or until the internal temperature of the Marrow is 145 degrees. The Marrow will begin to puff slightly. The Marrow must be soft, however, you do not want to cook so long that the Marrow renders out of the bones.

Meanwhile, brush the bread with Olive Oil and grill to desired texture. Serve the bones immediately spreading on the grilled bread. Sprinkle with coarse Sea Salt and Cracked Pepper to taste. Enjoy!

Yields 3-4 servings