

Beef Soup

Celery root and nutmeg give this traditional soup its distinctive flavour.

Yield: 8 servings

Prep Time: 60 minutes **Cook Time:** 75 minutes

Total Time: 135 minutes

Ingredients

- 2 litres filtered or spring water
- 2 pounds of meaty beef marrow bones
- 1 medium sized onion
- 2-3 cloves
- 1 stalk of celery cut in halve
- 1/2 celery root, peeled and cubed
- 1 leek, largely chopped
- 2-3 carrots, largely chopped
- 2-3 bay leaves
- 1 teaspoon pepper
- nutmeg to taste
- 1 tablespoon salt

Things You'll Need

- Large Stockpot
- Cheese Cloth
- Twine

Directions

1. Put the beef marrow bones in stockpot and cover with water
2. Place the next 7 ingredients into a cheese cloth
3. Tie up cheese cloth with twine and place in stockpot
4. Bring to boil, and partially cover with lid and simmer for an hour
5. When the meat is cooked, place meat in bowl
6. Remove the meat from the bones and cube
7. Remove the cheesecloth from the broth, discarding all but the carrots
8. Cut carrots into small pieces and add to the broth with the cubed mea

Oma Says

1. Do not use tap water, it might contain too much chlorine and make noodle bitter.
2. Left over spaetzle is excellent fried in butter and bacon.
3. Recommends making large batches, spaetzle freezes very well and can be quickly defrosted by pouring boiling water over frozen noodles placed in a colander.