



MARROW BONES

Roasted Bone Marrow with Salsa Verde

Prep Time: 10 minutes
Cook Time: 10 minutes
Total Time: 20 minutes
Servings: 4-5

INGREDIENTS

1 package Grass Run Farms® grass fed marrow bones
1/4 cup olive oil
1 tablespoon salt
1-2 tablespoons gremolata seasoning
4 garlic cloves
1 teaspoon chili flakes
1 cup parsley with the stems
1 cup cilantro with the stems
1 cup mint leaves
1 tablespoon lemon zest
1 tablespoon lemon juice
2-3 tablespoons bone marrow oil drippings

PREPARATION

1. Preheat your oven to 475 degrees Fahrenheit.
2. Place the grass fed beef marrow bones on a baking sheet.
3. Drizzle marrow bones with olive oil and salt.
4. Place in the oven and bake for approximately 12 minutes.
5. While they are cooking, prepare the sauce. Grab either a mortar and pestle or muddler.
6. Start by placing both the garlic cloves and the salt in the mortar and begin muddling both together to create a paste.
7. Once a paste forms, add in chili flakes and muddle. When the chili flakes are incorporated into the paste, add in the parsley, cilantro and mint. Muddle into the mixture until finely ground.
8. Mix in the lemon zest and lemon juice.
9. Slowly mix in the olive oil to desired consistency.
10. Once the marrow bones are done, remove from the oven and place on a plate.
11. Save a few tablespoons of the oil drippings and incorporate them into the salsa verde sauce.

Recipe Courtesy of Chef Cory Bahr for Grass Run Farms
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