

Beef Marrow Bones with Fried Oregano (Using salt osmosis for cleaning and flavoring)

Ingredients:

20-25 beef Marrow Bones, cut lengthwise
Kosher salt
4 heads of Garlic – top cut off
Baguette
1 bunch Oregano

Directions:

Place bones in highly salted cold water for 24 hrs.
Pour off water, rinse and do it again for another 24 hrs.
***I will bring bones prepared to here.**
Place bones and garlic heads in 425 degree oven.
Roast until done 25-30 minutes.
Remove and let sit.
Taste for salt seasoning.
Cut baguette into crostini size and toast on both sides
While roasting fry oregano in a small amount of fat or oil until crisp.
Drain.
Squeeze roasted garlic out of the skins into a small bowl.
Stir in a pinch of salt and thinly spread on crostini.
Sprinkle fried oregano onto bones.
Use small spoons to scoop marrow out of bone and onto crostini.