

**Recipe Name** Marrow Sauce

**Servings** 1

**Cook Time**

**Calories** Cedric Kelly

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**Ingredients**

120 g Steak Tenderloin 120 grams

1 L Water 1 kilogram

1 g Black Pepper 1 gram

100 g Chef® Demi Glace 100 grams

370 g Beef Bones 100 grams

**Directions**

Step 1 Cooking Roast bones in preheated oven until well browned, for 20 mins.

Step 2 Cooking For the base sauce: Add 100 gm of CHEF demi-glace to 1 Liter water and boil for a min.

Step 3 Cooking Remove the marrow from the bones and mix it with the demi-glace sauce.

Step 4 Cooking Serve with Tenderloin steak and mixed vegetables.

**Nutrition Info Per Serving**

Saturated Fats 17 gm

Sodium 141 mg

Added Sugar 0 Tbsp

Sugars 10 gm

Fiber 8 gm

Fats 37 gm

Protein 60 gm

Carbohydrates 41 gm

Energy 1752 kcal