

# BONE MARROW COOKED OVER FIRE COALS WITH CHIMICHURRI

## INGREDIENTS

### Bone Marrow

- 4 to 6 beef femur bones, cut lengthways
- Sea salt
- Cracked black pepper

### Chimichurri

- 1 cup fresh parsley, finely chopped
- 3 garlic cloves, minced
- 2 tbsp red wine vinegar
- 1/2 cup extra virgin olive oil
- Salt and pepper to taste

## METHOD

- 1. Make the chimichurri**  
Mix parsley, garlic, vinegar, olive oil, salt and pepper. Rest 15 minutes.  
Optional: Spoon over marrow and marinate 1 hour in fridge.
- 2. Prepare the BBQ**  
Set up glowing coals for indirect heat.
- 3. Cook**  
Place bones marrow-side up. Do not flip. Cook 20 minutes until soft, gently bubbling and slightly wobbly.
- 4. Serve**  
Spoon extra chimichurri on top. Spread on toasted sourdough or melt over steak.

**OVEN OPTION: ROAST AT 200°C FOR 15 TO 20 MINUTES UNTIL SOFT AND BUBBLING.**

### Tip:

Do not overcook. Marrow should be scoopable, not liquid. Save the bones for homemade broth.

Fresh. Fierce. Full of Flavour.

 [Click here to watch a quick video in YouTube](#) | [Check out the full recipe in our online blog here](#)

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