BEEF BONE MARROW

WHAT'S A LITTLE DECADENCE AMONG FRIENDS?



Preparation Time: 10 minutes
Cooking Time: 25 to 30 minutes



WINDSOR LESEL FLAKED SEA SALT



WINDSOR LESEL FLEUR DE SEL

Ingredients

4	beef marrow bones
To taste	Windsor LeSeL Flaked Sea Salt
3 tbsp. (45 mL)	zesty lemon garlic dressing, store-bought
	chopped parsley, for finishing
	crostini, for serving
	grainy Dijon mustard, for serving

Instructions

Preheat the oven to 450°F (230°C).

Place the marrow bones on a roasting tray and brush the exposed marrow with the lemon garlic dressing.

Roast for 25 to 30 minutes, or until the marrow is cooked to the desired doneness.

Transfer the bones to a serving platter and sprinkle with Windsor LeSeL Flaked Sea Salt and chopped parsley. Serve with crostini and grainy Dijon mustard.

Suggested Salt Substitutions:

Windsor LeSeL Fleur de Sel
Windsor LeSeL Grilling Rock Salt