



Deadman's Femur

Yields: 12-15 Servings

Total Time: 75 Minutes (plus 12 hours of sous vide)

For a big party like this, we wanted to bring out something eye-catching, feel us? For a horror-themed party, it needs to be scary and awesome and delicious at the same time. So we are goin' all out, and you should too. We got a beef shank, and had our butcher friends butcher it up into the Thor's hammer, which we think looks an awful lot like a femur, and it tastes awful good, especially after we sous vide it up, to the perfect medium rare, then make a delicious gravy with the fat, marrow and all that good stuff. With some toast points and the sauce, it makes any party meaty and saucy in the best of ways. Big proteins can come up big when feeding a hungry horde, but ya gotta make it right, and that's what we doin'. When you're feedin' the masses, make it interesting and different, just like your friend group, baby.

Ingredients Overall

- Thor's Hammer, Sous-vided (instructions/ingredients below)
- Beef shank gravy (instructions/ingredients below)
- Toast points (instructions/ingredients below)
- Sliced peppers and onions for garnish

Ingredients for Toast Points

- 12 Slices white bread, cut into square shapes, then diagonally cut

Directions for Toast Points

- Preheat your grill or preheat the oven to 400
- You can grill these on your grill for a few minutes each side on indirect medium heat, or (throw it in the oven for 3-4 minutes, and flip 'em over and 3 more minutes)



Ingredients for the Cut of Meat

- 1 3 lb bone-in beef shank (ask the butcher for the “Thor’s Hammer”)
- 6-8 sprigs of fresh rosemary sprigs
- 12-14 sprigs of fresh thyme sprigs
- ½ C garlic butter (2 sticks of softened butter, melted, and some fresh cloves of garlic pureed in food processor with that softened butter, or just mashed up with the back of a spoon), then melt it
- Salt & pepper

Directions for the Meat

- Shellac the cut of beef with the garlic butter (you can use your hands)
- Tie the rosemary and thyme sprigs tightly to hammer using butcher's twine
- Get your sous vide, and place the meat in a vacuum seal bag and seal per manufacturer instructions (or in a big food storage bag and put in water and push out all the air)
- Set your sous vide stick (an immersion circulator) to 145 and cook for 12 hrs
- Remove the hammer from bag and chill until you need it (and you can do this the day before, too)
- Strain all juices from bag and set aside

Ingredients for the Beef Gravy

- 3 Tbsp butter
- ½ C finely chopped carrots
- ½ C finely chopped shallots
- 4 fine chopped fresh 3-4 garlic cloves
- 2 Tbsp Tomato Paste
- ½ Bottle of a dark red wine, we used Pinot Noir for this one
- 1-2 C Demi glaze or beef stock if needed
- 1 Tbsp chopped fresh thyme
- 1 Tbsp chopped fresh rosemary
- 1 Bay leaf
- (if it isn't thickening the way you'd like, make a cornstarch slurry, which is evenly mixed Tbsp of cornstarch and Tbsp of water)



Directions for the Beef Gravy

- In a saucepan, sauté carrot, onion and garlic until lightly browned in the butter
- Add tomato paste and sauté until slightly thickened
- Deglaze with the wine and gently reduce until thick and syrupy
- Add strained beef juice and additional herbs and bay leaf (if you need to, supplement with demi-glace if available or add beef stock if needed)
- Simmer gently until reduced to desired consistency and flavor, 1-2 hours (if you're impatient, add two tablespoons of a cornstarch slurry, which is just 1 Tbsp cornstarch mixed with 1 Tbsp water)

Final Directions

- Just before serving, you can roast in 450-degree oven to sear meat and release marrow from bone (about 7-10 minutes), on a lined sheet tray or roasting pan on a rack, so that marrow released from bone can be retained for use as condiment
- Once golden brown, remove from the oven. If marrow is still suspended in bone use a long metal skewer to coax it out of the bottom of the bone. Serve on the side to spoon onto toast points and sliced ham
- If you'd like, sear it again in butter on a hot stove top (or use a blow torch, like we do)
- Place it meat down, bone up, and surround with sliced peppers and onions
- Serve with any leftover bone marrow and toast points