

Exquisite marrow-bone with caviar



For 2 persons

INGREDIENTS :

4 beef marrow bones, approximately 2-3 inches high
50 grams of Osetra sturgeon caviar
Olive oil
4 laurel leaves
Coarse pink Himalayan salt
2 thin slices of fresh ginger

PREPARATION :

Choose 4 marrow bones approximately two or two and a half inches high.
Scrape the outside surface well with a small knife.
Brush with olive oil.
In a cast iron pot, place the marrow bones, with the laurel leaves and the ginger.
Sprinkle the tiniest bit of salt.
Cook slowly, with the lid on, for about 15 to 20 minutes.
When ready, serve with toasted "Farmers" bread and a generous spoonful of caviar on top !!