



BONE BROTH

*Drink 1 cup of bone broth daily, and use as base for soups stews, and for cooking whole grains.

Most Americans don't realize the benefits of making soup stock from organic bones. There are gelling agents in the white and dark bone marrow that help to build healthy bones and supplement bone marrow. In addition, animal bones have a similar mineral profile to human bones and they make an ideal mineral supplement for patients concerned about osteoporosis. If cooked for a long time you'll have a thick, milky, gelatinous broth rich in bone building nutrients---calcium, magnesium, boron, phosphorus, even glucosamine sulfate! A cup of bone broth can contain as much calcium as a glass of milk. The sea vegetable adds trace minerals, including iodine and tenderizing properties.

Basic ingredients (for a large batch):

3 - 5 pounds organic bones (beef, pork, lamb or poultry)

5 to 6 quarts filtered water, or slightly more as needed

2 bay leaves

2 to 3 (5-inch) piece kelp, kombu or alaria sea vegetable

3 tablespoons lemon juice, organic red wine vinegar or raw apple cider vinegar

Additional water as needed to keep amply covered during cooking

Bone Broth Instructions 1

1. Combine ingredients in 8-quart stock pot, adding enough water to amply cover bones. Cover and bring to full rolling boil over medium heat, then reduce to medium or medium-low with bubbles on surface. Skim off any foam that rises to the surface within the first 30 minutes.
2. Simmer for 12 to 24 hours, until bones are soft or broth appears milky, adding more water as needed to keep bones covered during cooking. To add more marrow and nutrients to broth mash bones, as much as you can, with potato masher after 6 to 8 hours.
3. Remove lid and simmer for 1 hour or as needed to reduce volume (so it takes up less space in storage) and equals about 3 quarts.
4. Scoop out and discard bones using large slotted spoon or pour through a large colander with an oversized bowl underneath. Allow broth to cool for 1/2 hour. Set fine mesh strainer over 1- to 2-quart Pyrex measuring container or 1-quart Mason jars in sink. Ladle or pour broth into strainer and measuring container or directly into 1-quart wide-mouth jars in batches. Discard scraps caught in strainer. Repeat with remaining broth. Seal jars and refrigerate.
5. Broth will become thick and gelatinous as it cools. Before using, skim off and discard fat on top. Use refrigerated broth within two weeks.



When ready to eat, take a bowl of the broth into a separate pot, bring to a boil, and put in desired vegetables and meat, salt and spices. Cook for 5 minutes and serve. Freeze for long term storage.

Bone Broth Instructions 2

Beef, lamb, or buffalo bones can usually be acquired from your local food co-op, or a local butcher. If you do not see them on the shelf (often in meat or frozen dept.), ask someone! Look for the pieces with the most marrow.

A crock pot works best, but a stock pot will also work. For a one quart crock, place 2 or 3 large chunks of bone in pot, cover with filtered water, add ¼ cup vinegar (white or apple cider vinegar is best) as this helps extract the minerals, especially calcium, out of the bone material. Add a hefty pinch of salt, and simmer for 4-6 hours. If desired, the fat can be partially or completely skimmed off the top. Use immediately, store in fridge for up to a week, or freeze in plastic containers or ziplock freezer bags. If transferring to plastic, make sure to cool first!

For a two quart crock, just double all quantities. Bone cuts can differ dramatically in size, for the quantities stated here I am assuming each bone is roughly the size of an average fist. Making broth is an imprecise art ~ if the broth comes out too heavy (you will know when you eat it what your taste is!), water down the batch and either use less bone material next time, or more water. If it seems to thin, add less water or more bone material to the next batch. You will get the hang of it ~ trust yourself! The broth should have a nice rich deep brown color, and should lend a savory, velvety texture to your soups, stews and sauces.

Replace plain water in any recipe, or when cooking grains, with bone or other meat broth (chicken, beef or fish) for added nutrition. For more information on why and how to use broth and for other excellent nutritional advice, visit westonaprice.org at the Nourishing Traditions website, and search for the “Broth is Beautiful” article.