

Bone Broth

Bone broth is a rich source of nutrients. It contains protein, cartilage and minerals, especially calcium. It's easy for the body to digest and tastes good. Bone broth is inherently calming, consoling and restorative to our energy and spirit.

BASIC BROTH MAKING

- 1. Bones:** Poultry, fish, shellfish, beef or lamb.
 - ❖ Cooked bones from a previous meal, with or w/o skin or meat.
 - ❖ Raw bones, with or w/o skin and meat (can be browned first for flavor).
 - ❖ Use a whole carcass or just parts (good choices include feet, ribs, **and necks**).
- 2. Water:** Use cold water.
 - ❖ Use enough water to just cover the bones or 2 cups of water, per 1 lb. of bones.
- 3. Vinegar:** Use any type of vinegar.
 - ❖ 1 to 2 tablespoons or substitute lemon juice for vinegar.
- 4. Vegetables:** The use of vegetables is optional.
 - ❖ The skins, ends, tops or entire veggie can be used.
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 - ❖ Traditional choices include: celery, carrots, onions, garlic and parsley, but any veggie of choice can be used.

Combine bones, water and vinegar in a pot. Bring to a boil and remove any scum that has risen to the top. Reduce heat to a simmer. Simmer 6-48 hours for chicken, 12-72 hours for beef, the longer the better. To reduce cooking time, you may smash or cut bones into small pieces first. If desired, add vegetables in the last 30 min. of cooking. Strain through a colander and discard the bones. If uncooked meat was used to start with, you may reserve the meat for soup or salads. If you wish to remove the fat for use in gravy, use a gravy separator while the broth is still warm or skim the fat off the top once refrigerated. Cold broth will gel when sufficient gelatin is present. Broth may be frozen for months or kept in the refrigerator for about 5 days.

TO USE

- 1. Soup:** Make soup by adding vegetables, beans, grains or meat to broth. Briefly cook vegetables