

Bone Broth

Homemade bone broth is rich in minerals and glycine and can be consumed straight, used in soups and stews, and used for braising meats and vegetables.

Bones (or feet or fish heads) for broth can be purchased from your farmer, butcher, or fishmonger or saved from various meals in your freezer until you have accumulated enough for a batch of broth.

In general, the longer you cook the broth, the more you demineralize the bones and the higher the mineral content of your broth will be.

The collagen in broth (the glycine-rich protein that makes it gelatinous when chilled) comes from connective tissue around the bones. Chicken feet, beef knuckle bones, and fish heads will each make your broth rich with collagen. You can also use a mix. For example, I use leftover bones from roasted chicken to make chicken broth, but I like to throw in a handful of feet to make sure that it gels.

Chicken or Turkey Broth

Prep Time	Cook Time	Yield
10 Minutes	7 hours to 5 days	10-12 Cups

Amount	Ingredient		
2-3	lb	Chicken or turkey bones	bones from 2-3 roasting chickens or from 1 turkey
1	gal	water	or enough to cover the bones by 1-2 inches
1	tbsp	apple cider vinegar	
2		Onions	medium, quartered
4-5		Carrots	cut in half
6-8		Celery sticks	cut into thirds
6-8		Cloves of Garlic	
3		Bay leaves	
1	tsp	salt	

Beef, Bison, or Lamb Broth

Prep Time	Cook Time	Yield
10 Minutes	7 hours to 5 days	10-12 Cups

Amount	Ingredient		
2-3	lb	beef bones (or use bison, or lamb)	
1	gal	water	or enough to cover the bones by 1-2 inches
1	tbsp	apple cider vinegar	
2		Onions	medium, quartered
3		Bay leaves	
1	tsp	whole cloves	
1	tsp	salt	

Instructions

1. Combine the bones, water, and vinegar in a large stockpot (or pressure cooker or slow cooker). Bring to a boil over high heat, then reduce the heat to maintain a simmer. Alternatively, cook under high pressure in a pressure cooker or bring to a boil and then reduce the heat to low in a slow cooker.
2. During the first hour of cooking, skim off any foam that has risen to the surface (This improves the flavor of the final broth.) You don't need to do this step if you're using a pressure cooker.
3. Simmer, covered, for 24-48 hours (or 6-12 hours under high pressure in a pressure cooker or 2-5 days in a slow cooker). Periodically stir and check the water level. Top up with additional water if needed to make sure that the bones are covered by an inch or two of water.
4. Add the remains ingredients. Simmer for an additional 4-6 hours (or 1-2 hours in a pressure cooker or 6-8 hours in a slow cooker).
5. Strain and discard the bones and vegetables. Store the broth in the fridge for up to 5 days or in the freezer for up to 6 months.