

BONE BROTH

Bone broth is nourishing, delicious, versatile and easy to make.

»— The Vitals —«

Serves:

Prep Time: 30 minutes

Cook Time: at least 12 hours, preferably 48

Supplies: large stock pot or slow cooker

»— What You Need —«

2 pounds bones for every gallon of water

Raw apple cider vinegar

Carrots (optional)

Celery (optional)

Onion (optional)

»— How to —«

Place a big bunch of bones in a big stockpot or slow cooker, cover the bones with cold water and set the temperature on low so that it just simmers. Use about two pounds of bones for every gallon of water. Add a ½ cup of raw apple cider vinegar per every gallon of cold water you add at the beginning. The vinegar will help draw the nutrients from the bones. There are various theories on when to add the vinegar (some folks recommend adding the vinegar and letting it sit cold for a time before starting the cooking process). If you are adding vegetables, do it now.

You may roast the bones in the oven for 25-30 minutes at about 375 F (190 C) before you begin the broth. This makes a darker stock with a roasted flavor. You can use all one type of bone or mix up whatever you have.

Most recipes recommend that you skim the froth that forms at the surface of a stock as it cooks, but it's harmless and you can skim or not as you choose. Skimming the foam or "scum" as it's sometimes called, is simply a matter of culinary preference. Some people also prefer to remove the congealed fat that forms at the top when the stock has cooled. You can leave it in or pull it off, whichever you prefer.

Gently simmer your broth for at least 12 hours then start tasting it. When you are satisfied, you are done. Here at the farm we prefer to simmer for at least 24-36 hours. The bones will eventually start to crumble when all their nutrients and proteins have been extracted — once you see this happening with the majority of your bones, you've probably extracted as much goodness as you're going to get. Just be sure to keep adding water as the broth evaporates. Strain your broth, cool and store in preferred manner. We pressure can our broth and use it instead of water when cooking things like rice, quinoa and of course in soups and meat recipes.

A good bone broth will be gelatinous after it has cooled.