

Bone Broth Instructions

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 $\frac{1}{4}$ 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.