
Basic Bone Broth

Bone broth is pretty old school, but an ideal way for keeping our bones and immune system healthy and strong. By soaking and simmering bones, the minerals and marrow are leached out into the broth. Use as a soup base, drink a glass or two like a tea, or add to rice or other grains. Keep all the bones you collect from dinner in a bag in the freezer until you have enough for a batch. Also keeping a bag of veggie ends in the freezer is handy for stock too! Making your own stock allows you to be in control of is handy for stock too! Making your own stock allows you to be in control of your sodium intake, and ensures it's always sea salt.

Ingredients

4 pounds mixed bones (heads, feet, marrow, knuckles, etc) chicken, beef, fish, venison, etc. (ensure to skim all fat off broth if using venison)
1 carrot
1 onion
Splash raw apple cider vinegar
1 litre + filtered water

Sea salt, peppercorns, bay leaf to taste

Directions

Place all ingredients in a large stock pot and set out at room temperature for hour. This begins the process of leaching the minerals from the bones. Move pot to the burner and place over medium heat to create a low simmer. Ideally around 180°F, where just barely bubbling. Keep at this temperature at least 8-12 hours but as long as 72 hours! Scum will collect on the surface and remove as necessary with a spoon.

Strain out the bones and vegetable material and move liquid to storage containers. Feel free to remove the fat from the surface and use for cooking! Bone Broth freezes well in ice cube trays as well as larger quart containers.

Alternatively –

Place all ingredients in a crock pot. Simmer on low for the day. From this, one can remove and filter the liquid into jars, then add more water and simmer for another day. Repeat until bones are falling apart.

For more bone broth information, visit <http://nourishedkitchen.com>.

Adapted from www.bambuclinic.com and www.nourishedkitchen.com.

Nutritional Values of Selected Ingredients

Bones – Homemade broth from bones is rich in calcium, magnesium, phosphorus and other trace minerals. The minerals in broth are easily absorbed by the body. Bone broth also contains glucosamine and chondroitin. Homemade bone broths are often rich in gelatin, an inexpensive source of supplementary protein that also shows promise in the fight against degenerative joint disease. It helps to support the connective tissue in your body and also helps the fingernails and hair to grow well and strong. Bones are also good for the immune system, as we can benefit from the marrow of the animal.