

Please be advised that not all of the recipes are appropriate for all people.
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

Bone Broth

What you will need:

- Large pot or crock pot
- Bones from an animal with or without meat on them previously cooked or raw (whole chicken, chicken wings, backs, “soup bones”, ribs, bones from previously eaten steaks, roasts chickens, etc. I keep these in the freezer until I have enough to make a pot of stock. You can also ask at the meat counter for bones.
- Water (filtered is best but don’t get hung up on the details. Use whatever your family drinks.)
- Vegetables (optional)
 - Clean veggies, peelings and tops from washed veggies, nothing rotten. I also keep these in the freezer until I need them. Classic soup/stock veggies are onion, carrot, and celery, but feel free to add anything you have laying around. Onion peel gives chicken stock its nice yellow color. Do not add veggies with a strong bitter or otherwise bad flavor unless you want broth that tastes like that.
- Vinegar or lemon juice
- Black peppercorns, cracked or whole (optional)
- Salt (optional)
- Spoon and or ladle
- Strainer
- Containers for your finished broth. It is nice but not necessary for them to be freezer safe.

Directions:

- Put the bones/meaty bones/whole chicken into the pot or crock pot. Fill with water till everything is covered.
- Add some vinegar/lemon juice (1-4 tbsp depending on the size of your pot). You want the pot to be mostly full of bones, but not overflowing. You do not want a tiny bit of bones and a pot full of water or you will have watery broth. All the bones should be underwater. Let it sit for an hour or so.
- Turn the pot on high with the lid off (may need to leave the lid on for a crock pot to get hot).
- Some foam will rise to the top, skim that. (If you forget it won’t taste as good, but isn’t ruined).
- Once it starts simmering and all the foam is skimmed add the veggies and the black pepper (I think it is easier to skim if you wait till this point to add veggies, but really it doesn’t matter that much).
- Turn the heat to low, put on the lid and walk away. You want to have it at a low simmer. Just steaming is fine. Some small bubbles are also fine.
- Leave it this way for 12 to 48 hours for chicken, up to 72 hours for beef, lamb, or pork. Check it periodically to see if it needs more water and is still hot but not too hot etc.
- If you are cooking meaty bones and want that meat to eat, check it after a couple of hours and remove the well cooked meat from the bones and put the bones back in the pot. I find the meat to be tasteless if I let it go the full time. However, I do think that broth tastes better if there is some raw meat included with the initial bones. Chicken necks work well for this when you are making broth from mostly cooked bones since most people don’t bother to eat them and they have plenty of meat to flavor the broth. I have been known to save my chicken necks raw for the eventual broth making.
- When your time is up turn it off and get out your strainer and containers. All that stuff in the pot gets strained out and tossed. (Some feed the bones to their dogs, they should be pretty soft and safe for a pet to eat.) If the bones have marrow you can remove the marrow and add that to the broth or not bother. It is very good for you. My youngest just adores the marrow and will eat it straight. The liquid you have left is broth. Add some salt (this is to taste issue and you can add it now or when you use the broth in a recipe.) The liquid should be pretty clear, depending on how fine your strainer is.

This is a liquid you can now drink straight, use as a base for soups, or sneak it into lots of things.