

# Bone Broth



This is a very flexible recipe; the most important thing is to keep it simple so you will want to make it often.

Whenever possible, use the bones from a free-range (“pastured”) chicken or turkey. You can also make stock from fish, lamb and beef bones. Sometimes I just use 12 chicken legs. For a much faster broth chicken parts with more gelatin can be used, such as the feet - but this takes a bit of getting used to.

Save up bones from a few chicken dinners by freezing them in a bag until you are ready to make the broth. Or, you can simmer chicken parts until the meat is tender, cool, remove the meat and then throw the bones back into the pot of water to make the broth.

Don't stress over exact amounts of bones or cooking time. Just get the bones in a large pot with clean water and a bit of acid (vinegar or white wine).

There is little work involved in this but the rewards are great. Just do it on a day where you will be around the kitchen. If you need to go out for a few hours, remember to turn the flame off and resume cooking when you return.

Bone broth thickens in the refrigerator. Gelatin is one of the compounds that is being extracted from the bones; when cooled a good broth will look like “Jell-O”.

## RECIPE:

6 Qts Water

Bones from 1-2 chickens or 1 Turkey Carcass

2 TBS Apple Cider Vinegar or ¼ cup White Wine

Put bones into the pot and add water up to 1 ½ inches from top rim.

Add the vinegar or wine.

Cook on a low simmer for 6-10 hours. Skim any foam that rises to the top.

Strain and refrigerate (or freeze) the broth. Unless you want to cook the bones for another 6-10 hours on the next day. Then just cool and refrigerate.

Or.....after straining, you can freeze the bones to use for another batch of broth at a later time.

You can also add onions, garlic, celery or carrots to the broth while cooking, but this is not necessary since you can just flavor the recipe that you will use it with. Remove fat from the top before using.