



## BONE BROTH

Bone broth is a very nutritive healing medicinal food with its many health benefits coming from the variety of elements making up bone. Bone is an organ, meaning it contains several different tissue types, and along with the surrounding cartilage it can make a delicious gelatinous healing broth that provides us with essential nutrients. The marrow is where red and white blood cells (immunity blood cells) are born, a process known as hematopoiesis. Bone is rich in collagen the most abundant connective tissue in our body. It is also rich in all our needed electrolytes like calcium and phosphate, and to lesser degrees sodium, magnesium, carbonate, and potassium. I'm not going to list all the health benefits here rather give you some guidelines in making your own.

### **First step – Choose Wisely**

It's no secret that what the animal eats we eat too. So take the time to find quality bones from once healthy animals will create the best bone broth. Healthy marrow is essential to a healthy being. If you are sick, your marrow is sick and the same goes for animals. The idea behind bone broth is to extract good wholesome nutrients that help with recovery.

So, if the animal was factory farmed and ate factory feed and didn't once graze in green pastures, you won't be doing your body any favors by using their bones. Support local farmers who practice good animal husbandry and have good pastures for their animals you should ask around at your local farmers market.

As animals age, bones and joints degrade reducing the amount of connective tissue and consequently reducing the amount of gelatin that will end up in your broth. Younger animals will yield a more gelatinous broth. So look for lamb or veal bones, joints, feet and necks, which will yield the most gelatin.

### **Making your own Bone Broth**

- Choosing the bones. Try to find beef, lamb or veal leg bones known as femurs. Femurs contain a ton of marrow but very little collagen or gelatin - you want these. So look for a good mix of femurs, joints and feet aiming for equal parts if possible. This will guarantee a good



gelatinous bone broth, as the joints and feet have the most collagen. If you can't find all of these, just make your broth with whatever you can get your hands on, you'll still benefit from the added vitamins and nutrients. For chicken stock use any bones and all cartilage, feet, and neck bones.

- For a richer flavored bone broth you'll want to roast the bones at 400°F until they reach a rich browned color. Add a little water to the bottom of your roasting pan to prevent the drippings from burning and sticking.
- Place bones in a large pot and put in just enough water to cover the bones.
- Bring to a boil and scrape off the froth and impurities that bubble to the top. This will likely have to be repeated a few times.
- Reduce to a simmer and add 1 or more tablespoons of Apple Cider Vinegar.
- Continue to skim the top until there is no more froth to skim, and then transfer to a slow cooker.
- Add just enough water to cover the bones.
- Let it simmer for 1 to 3 days depending on the bones you use. 12-18 hours for chicken and 24-40 hours for beef. 8-10 hours is plenty for fish broth.
- Add your veggies for the last 4 hours and herbs for the last hour. If these are cooked from the beginning they will be decimated and leave a bitter residue. I use peeled onions, garlic, celery, herbs (parsley, cilantro, celery leaves) and a variety of spices.
- Allow cool slightly in fridge and then strain a week's worth into jars. Store the jars in the refrigerator and por the rest into freezer bags and freeze until needed.

That's it. Use this is your favorite soup, stew, sauce or meat dish! This can also be consumed alone as a beverage. I cook my broth to have a neutral savory flavor and then add the spices I want later when making my soups or doing broth shots.

If this sounds too complicated [here is a link](#) to many other broth recipes.