



MAKING HOMEMADE BONE BROTHS

Bone broth is rich in collagen, which we need for strong teeth, bones, hair and fingernails. Good thick stock is full of cartilage-building proteins and amino acids. Stock contains minerals in a form the body can absorb easily—not just calcium but also magnesium, phosphorus, silicon, sulphur and trace minerals. And for those with digestive ails, food allergies and intolerances, bone broth is the very best thing you can do to help heal your gut.

Chicken Stock

2 to 3 pounds of chicken parts & bones (necks and leftover bones - you can also use bones from ducks, turkeys, geese, or Cornish game hens)
Gizzards (if you have some - optional)
2-4 chicken feet (optional, but preferable if you can find them - they add a lot of gelatin)
4 quarts filtered water (please do not use tap water - it's full of chemicals)
2 tablespoons raw apple cider vinegar
1-2 large organic yellow or white onion, quartered
1-2 organic carrots, cut into large pieces, unpeeled
1-3 organic celery stalks, with tops, cut into large pieces
1-2 bay leaves (optional)
1 bunch parsley (optional)

Note: It is best to use farm-raised, pastured birds. This means not just "cage-free" (not in a cage but still inside) but birds that have freedom to roam OUTDOORS, and get vitamin D from sunlight and protein from the bugs they eat. Also, if you can find a farmer who does not feed soy to his or her chickens, that is ideal. If they do feed soy, make sure it is organic (you do not want to eat chickens that have eaten genetically modified soy).

Equipment

Stock pot (enamel or stainless steel — not aluminum) or large crock pot
1 2-gallon glass jar
1 mesh strainer
Slotted spoon

Place chicken (or duck, goose, turkey, or Cornish game hen) parts and bones into large stock pot or dutch oven with water and vinegar. Let stand 20-30 minutes. Add the vegetables & herbs to the pot and enough water to cover (only fill to within an inch of the rim). Bring to a boil on the stovetop and remove any scum that rises to the top (I find that there is almost no scum when I am using pastured birds). Meantime, preheat oven to 210 degrees. Once stock is simmering, transfer to oven and cook, partially-covered, 18-24 hours. The longer you cook the stock, the more flavor and nutrition it will have. I cook my chicken stock for 24 hours. (It depends on the size of the bones. I do my beef stock for 36-48 hours. Fish stock can be simmered for only 4-12 hours.) About 10 minutes before finishing the stock, add parsley for extra minerals. Remove bones and vegetables with a slotted spoon. Discard. (Some people grind them up and use them in pet food.)

Once done, strain the stock into 1-2 large bowls. Cool over an ice bath, and strain into quart sized canning jars. Store in the refrigerator for a few hours or overnight, until the fat rises to the top and congeals. Skim off the fat with a spoon and store it in your fridge or freezer to use in cooking (nothing wasted!). Now you can either store stock in mason jars in the refrigerator to use within the next 3-5 days or you can transfer jars to the freezer (if freezing, only fill within 1 inch of the top to allow for liquid expansion). You can also pour the stock into ice cube trays and freeze. When frozen, pop the cubes out of the trays and store in Ziploc bags or Tupperware in your freezer. Now you have 1-ounce cubes of stock, pre-measured and ready for any recipe!

Beef Stock

- 2 pounds Beef marrow, oxtail, and/or knuckle bones, from grass-fed animals
- 1-2 pounds Rib or neck bones, from grass-fed animals
- 2-4 quarts Filtered water
- ¼ cup raw Apple Cider Vinegar
- 1-2 Onions, white or yellow
- 2 Carrots
- 3 Celery stalks
- 1 bunch Parsley

Equipment

- Stock pot (enamel or stainless steel - not aluminum) or large crock pot
- 1 2-gallon glass jar
- 1 mesh strainer
- Slotted spoon or tongs
- Optional: Cheesecloth

Add the bones to a stockpot or crock pot with vinegar and cover with water. (If you like, roast the bones ahead of time.) Let stand 20-30 minutes. Add the vegetables to the pot and enough water to cover (only fill to within an inch of the rim). Bring to a boil on the stovetop and remove any scum that rises to the top (I find that there is almost no scum when I am using bones from grass-fed animals). Meantime, preheat oven to 210 degrees. Once stock is simmering, transfer to oven and cook, partially-covered, 2-4 days. The longer you cook the stock, the more flavor and nutrition it will have. About 10 minutes before finishing the stock, add parsley for extra minerals. Remove bones and vegetables with a slotted spoon. Discard. (Some people grind them up and use them in pet food.) Once done, strain the stock into 1-2 large bowls. Cool over an ice bath, and strain into quart sized canning jars. Store in the refrigerator for a few hours or overnight, until the fat rises to the top and congeals. Skim off the fat with a spoon and store it in your fridge or freezer to use in cooking (nothing wasted!). Now you can either store stock in mason jars in the refrigerator to use within the next 3-5 days or you can transfer jars to the freezer (if freezing, only fill within 1 inch of the top to allow for liquid expansion). You can also pour the stock into ice cube trays and freeze. When frozen, pop the cubes out of the trays and store in Ziploc bags or Tupperware in your freezer. Now you have 1-ounce cubes of stock, pre-measured and ready for any recipe!

Fish Stock

Fish stock is especially high in iodine, which many of us are lacking in our diets. It is recommended to use the fish heads. Iodine is stored in the thyroid gland which is in the fish head.

- 1 Big Ole Fish Head (or several smaller ones with carcasses)
- 2 tablespoons Ghee
- 1 sweet onion chopped
- 1 carrot coarsely chopped

3 cloves garlic mashed
1 heart of celery chopped
½ cup raw apple cider vinegar
3 sprigs fresh thyme
1 bay leaf
¾ - 1 gallon of water

Equipment

Stock pot (enamel or stainless steel - not aluminum) or large crock pot
1 2-gallon glass jar
Slotted spoon or tongs
1 mesh strainer
Optional: Cheesecloth

In large pot, melt butter and sauté veggies of 2-3 minutes. Add fish head(s), vinegar, water and bring to boil. Skim scum off top of water, add thyme, bay leaf and reduce to simmer. Cover and allow to simmer for 4-6 hours (you can let it simmer longer if you want). When done, strain liquid and store what you don't use in tightly sealed container. Pick through remaining fish parts for meat you can use for soup or snack later.