



NOURISHING, HEALING BONE BROTH

How do you make bone broth you ask?

While bone broth can be incredibly time-consuming to make (three hours at its fastest in your Instant Pot or up to two days using other methods), it is also incredibly simple. To make bone broth, all you have to do is:

- Cook or roast animal bones.
- Soak shortly in filtered water and apple cider vinegar.
- Add any vegetables you like.
- Add any seasonings or flavorings you prefer.
- Cook over very low heat until done. Voila! That's it!

The vast majority of the bone broth cooking time is hands-off 99% of the time.

SERVES: Lots

PREP TIME: 30 minutes

COOKING TIME: 12 to 24 hours

INGREDIENTS

- 3 to 4 lbs bones from a healthy source
- 2 chicken feet and chicken necks, (optional)
- 1 to 2 gal water
- 2 to 3 TBSP apple cider vinegar
- 1 large sweet onion, skin on
- half of a garlic bulb, skin on
- 3 carrots washed well, skin on
- 3 stalks of celery
- 2 bay leaves

- 1 bunch parsley (optional)
- 1 bunch cilantro (optional)
- 1 bunch dill (optional)
- whichever fresh herbs you like, tie together in a bunch with kitchen twine
- 1 TBSP salt (optional)
- 1 tsp peppercorns (optional)

INSTRUCTIONS

1. If you are using raw bones, I roast a whole chicken before using the bones. For beef bones, it improves flavor to roast them in the oven first. I place them in a roasting pan and roast for 30 minutes at 350°F.
2. Place the bones in a large stock pot.
3. Pour cool filtered water and the vinegar over the bones. Let sit for 20-30 minutes in the cool water. The acid helps make the nutrients in the bones more available.
4. Rough chop and add the onion, carrots, and celery to the pot. You can keep skins on the vegetables including onions and garlic, as the nourishment is concentrated in the skins.
5. Add any salt, pepper, spices (if using) to the water. Reserve the fresh herbs for later.
6. Bring the broth to a boil. Once it has reached a vigorous boil, reduce to a low simmer and simmer until done 12 to 24 hours.
7. During the first few hours of simmering, you'll need to remove the impurities that float to the surface. A frothy/foamy layer will form and it can be easily scooped off with a big spoon. Throw this part away. I typically check it every 20 minutes for the first 2 hours to remove this. Grass-fed and healthy animals will produce much less of this than conventional animals.
8. During the last 30 minutes, add the fresh garlic and package of fresh herbs.
9. Remove from heat and let cool and refrigerate overnight. Strain using a fine metal strainer or large spoon to remove the top layer of gelatin.
10. The gelatin has so much goodness and flavour, it can be reserved and used to fry onions, or whatever you'd like.
11. When it's cool enough, store in air tight containers (I use glass) in the fridge for up to 5 days, or freeze for later use.