

Bone Broth Recipe Starter Kit

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A good bone broth recipe is a health superhero packed full of beneficial ingredients only available in a true broth.

Ingredients

- **Bones and sinew** (including skin, cartilage, and other scraps when possible)

You can make bone broth from many kinds of bones. The easiest to source are beef, chicken, turkey, and fish bones. Additional, less common sources include game (deer, elk, javelina, wild boar), domestic bison, duck, and goose.

In all cases, use bones only from Certified Organic, pasture-raised, free-range, or wild-caught animals.

Beef – 3-4 lbs; include large bones with marrow and smaller bones from knuckle, rib, or tail); roast raw bones first, at 425°F for 30 minutes, turning bones over after about 15 minutes.

Chicken – 2-3 lbs

Turkey – 2-3 lbs

Fish – 2 -3 lbs of carcasses and heads from non-oily fish such as cod, halibut, sole, rockfish, turbot, or tilapia; the biggest challenge for making fish bone broth is sourcing bones wild-caught fish only; supermarket fish will almost never do (you may have to order the online from places like <https://www.wildforsalmon.com/collections/wild-alaskan-whitefish/products/halibut-stock-bones>)

- **Veggies**

There's really no limit to the veggies you can use in bone broth. Just get creative. Consider leftover or scrap veggies you otherwise don't know what to do with.

I'll just list my favorites and leave additional veggies to your imagination.

Cole crops of all kinds: broccoli, cauliflower, cabbage, bok choi (maybe not Brussels sprouts)

Onions: at least one whole yellow or white onion, quartered; include “other” onions such as green onions or leeks

Garlic: 4-5 whole cloves (no need to peel them)

Carrots: 2 large carrots, coarsely chopped

Celery: 2 full ribs, including leafy parts, coarsely chopped

- **Herbs and Spices**

There’s also no limit to what herbs and spices you can use. Let your imagination run wild again.

My favorite herbs, always on hand in the pantry or garden, may include 1 tbsp of some of each of the following:

Rosemary

Sage

Thyme

Basil

Oregano

Turmeric

Ginger

Cardamon

Chives

Cilantro

Parsley

Black pepper

Sea salt: ½-1 tsp or enough for your taste (avoid Himalayan pink salt – it’s equivalent to roadside dirt)

Apple cider vinegar: 1 tbsp helps extract nutrients from the bones and sinew

- **Water**

About 10 cups: Use only filtered water (RO is best), commercial spring water, or glacial water (do NOT use tap water or distilled water)

Directions

1. Roast bones if necessary (beef only)
2. Prepare veggies (chopped) and herbs (whole or chopped)
3. Combine all ingredients into a 6-8 quart cooking pot or slow cooker

4. Cook!

Simmer for at least 24 hours (36 hours is even better)

5. Remove solids
6. Scoop out the big stuff with tongs; strain the rest through a sieve

Enjoy!

Unless you're feeding a big family, you will want to store leftovers.

You can store them in jars and keep them in the fridge for up to 5 days. After that you can freeze and store for up to a year. CAUTION: Leave jars slightly ajar until frozen, otherwise the expanding liquid as it freezes may shatter them.

Quality Check

One simple way to evaluate your result is whether it gels when cooled in the fridge. If it does, this means you got all the goodies out of the bones you could.

It's also a quality check on commercial bone broths. Most of them won't gel.

OMG!

If you haven't had a truly good bone broth before, your reaction to one should be complete awe.

In fact, just writing up this document made my mouth water.

Now, if you really want to get the maximum health benefits from your own bone broth, simply have a nice cup of it every day. ***It's magical!***