

Bone Broth Recipe

My recipe can be made on the stove top or in a crock pot after the bones are roasted. Roasting the bones darkens the broth color and makes the smell more appealing, but it is optional. This recipe nets about 4 quarts of filtered broth. Many bone broth recipes just use bones, vinegar salt and water, but I like the complex flavor created when the herbs and veggies are also added to the bone base.



Uses: Bone Broth can be sipped as warm broth, act as a delicious base for soup, used in lieu of fat to add flavor to vegetables and stir fries.

Ingredients:

- 4 -5 quarts of water
- 2 lbs grass feed cow bones Knuckle and marrow bones.
- 2 tlb apple cider vinegar
- 1 bay leaf
- 2 cloves garlic
- 1 onion
- 2 celery stalks
- 1 tlb parsley
- Sea Salt to taste
- 3 black peppercorns (optional)

Equipment:

- ✓ Roasting Pan
- ✓ Stock Pot
- ✓ Strainer
- ✓ Canning funnel
- ✓ Storage jars with lids



Instructions:

1. Optional Roast Bones in a roasting pan at 375 F for 30 minutes before assembling stock ingredients.
2. Assemble stock ingredients.
3. Place in a large heavy bottomed stock Pot or in a crock pot.
4. Bring to a boil on medium to high heat.
5. Turn down to slow on the crock pot or a slow simmer and cover.
6. Simmer up to 2 days.

7. Check periodically to be sure the bones and veggies are covered in liquid. Replace liquid as necessary with additional water.
8. Strain and store in clean quart glass bottles.
9. Label the jars with the contents and date.
10. Store in the Refrigerator.