

## **Making Beef Marrow Bone Broth**

It takes 4 lb. of beef marrow bones, along with 3 to 4 more lb. of rib or neck bones to make about 1 gallon of rich bone broth.

Adding 1/2 cup of vinegar or other acidic liquid, such as wine, apple cider, lemon juice or orange juice leaches the calcium and other minerals from the bones faster.

It takes eight to 72 hours on a low simmer to extract the maximum amount of minerals and flavor from the beef marrow bones.

You may have to add water as the bones boil, to prevent the broth from boiling away.