

Grassfed in the Kitchen

Bone Broth

Fall is a great time for homemade soup, and all good soups need a base. Bone broth is not only a delicious starting point for soups or stews, it's also wonderful on its own. And the health benefits from the high mineral content, as well as the collagen and gelatin, will cure whatever ails you.

Several pounds of grassfed beef knuckle or marrow bones

Water to cover

1/4 cup organic vinegar

Directions:

Place the bones in a rimmed baking pan and roast at 350 degrees F until well-browned, about one hour.

Remove from the oven and place in a large stock pot or Dutch oven. Cover with water. Add vinegar and bring to a boil. Reduce heat, cover, and simmer for at least four hours or up to 24 hours, adding additional water as needed.

Remove from heat and allow to cool. Remove the bones from the broth and discard. Strain the broth through cheesecloth or a fine mesh strainer and store in a glass jar in the refrigerator for up to five days. The broth can also be frozen for up to six months.

To use, add assorted vegetables and seasonings for soup, use as cooking liquid for rice or whole grains such as quinoa, or add to gravies or stews.

The broth can also be prepared in a slow cooker by bringing the liquid to a boil on high, then reducing heat to low for up to 24 hours.

For a lighter broth, use pastured chicken or turkey bones.

A Second Recipe for Broth

Slowly simmer Broth Bones all day with a bit of salt in a covered stock pot. Add additional water if necessary. *You can use most any bone for broth, but traditionally a broth bone is a part of the animal that does not naturally have much meat on it. Soup bones will have a nice amount of meat. Of course, you are making broth in your soup as you cook the soup bones...but I digress.*

Skim anything floating on the top.

Let cool. A layer of tallow (fat) will form. Skim off the tallow and save for soaping.

The broth will be a wonderful, healthy and full of minerals. When cool it will gel. This is a sign of a good, healthy broth.

Warm the next day. Salt or season to taste. You can add veggies here if you like to add more body to the broth.

Remove bones. They should be perfectly clean by now.

Skim if needed.

Use immediately or freeze for use later. I have not done it, but you probably can preserve it by "canning" as well.