

**Phyllis Bone Broth from chicken turkey beef pork lamb bison  
general recipe:**

I make broth from chickens, turkey, beef, pork, lamb and bison.

I brown the bones in my soup pot in the oven except for poultry. This is an important step, which gives the broth a nice nutty brown color. It doesn't use an extra pot, or extra time.

Roast them uncovered, in a 375 degree oven 90 minutes or so, until edges are browned.

Then remove pot from oven, and add tap water to just cover your bones.

Add a TBSP sea salt and several whole bay leaves.

Simmer, covered, 3 hours to overnight.

Strain broth through colander and chill.

I like to make broth in cold weather, so I can use my deck or garage.

Meanwhile, pick through bones, removing and saving meat for later. Give the bones and gristle to the neighbor's dog. He sure loves me!

When chilled, you will find your broth to be a gel, and the fat has risen to the top and made a hard white layer. This is now easy to separate from the broth.

I save this rendered fat to use to sauté my soup veggies.

Your wild birds will also love any extra, mixed with birdseed or cornmeal.

The broth freezes well for later recipes.