

## Bone Broth

Bone broth is amazing, delicious, and its really trending right now, but actually it's a traditional elixir that's been around for generations and is the foundation for a lot of Korean dishes.

I remember making it around the holidays with my mom and how the aroma filled the kitchen. It's the base for the quintessential Korean dish, Doguk, and brings back so many holiday memories.

Bone broth is packed with protein and high in collagen, and as you simmer it overnight all the calcium, nutrients, and minerals leech from the bones. It's really nutritious for growing kids. I like to make a big batch and freeze it for use later in dumplings, soup, and you can just drink it on its own.

Serves **8-10** / Prep Time **30 min** / Cook Time **24 hrs** / Difficulty **Easy**



### Ingredients:

- beef bones
- **4** quarts water
- **3** carrots
- **1** whole yellow onion
- **1** full garlic bulb
- **1/2** inch piece of Asian radish (optional)

### Directions:

1. Begin with a bag of beef bones that you can buy from your local butcher.
2. Place the bones into a large soup pot and cover the bones with water (3-4 quarts) and bring to a boil uncovered.
3. Boil 20-30 minutes, dump the water and rinse the bones. Return the bones to pot and fill water to the top and allow to come to a boil.
4. After boil reduce heat and simmer for 24 hours. Skim the top periodically to remove impurities.
5. Maintain boil for 24 hours, watching the pot and adding water as needed. Water level should always be to the top of the pot.
6. In last 2 hours of boil add the veggies to pot.
7. Strain the bones out into a large colander or bowl, and separate into portions as needed or freeze.