

BONE BROTH

"NOTHING CHARACTERIZES ANCESTRAL FOOD AS MUCH AS NOURISHING BROTH, THE SIMMERING STOCKPOT, AND BROTH BASED SOUPS." -SALLY FALLON

A CEDAR HILL HOMESTEAD X LOST SKILLS WORKSHOPS COLLABORATION



Broth improves overall protein digestion & assimilation, and improves the utilization & digestibility of many grains & meats. What is the difference between broth & stock? For the sake of keeping it simple, we use the words broth & stock interchangeably. First we will briefly mention the 5 main components of broth that give it its healthful properties & then follow it up with a page full of our favorite broth recipes.

COLLAGEN: The collagen in bone broth supports bone health, internal organs, skin elasticity & our joints. Cooking bones breaks down collagenous protein into gelatin which is full of amino acids our body needs to make connective tissue. Gelatin: is denatured collagen-it is 84-90 % protein. It improves digestibility of foods and supports hair, skin & nails.

CARTILAGE: Cartilage works within the body as a framework, shock absorber & friction reducer. Broth has the amino acids and collagen needed to make healthy cartilage._

BONE: Bones deposit & withdraw minerals, and produce blood cells & stem cells. Broth made with bones provides a variety of bio available minerals. The health, age, diet and environment of the animal decides mineral content of the bones - local, grass-fed, rotationally grazed livestock bones are best! **Broth is NOT high in calcium**.

MARROW: Marrow is a life-giving, reproduction-enhancing, brain-building fat and good cholesterol that is a highly restorative and energizing food.

4 KEY AMINO ACIDS:

- Glycine & Proline: provide the collagen and cartilage in broth. Aids in healthy blood, fat, digestion and detoxification of the body.

- Alanine: Anti-aging compound that aids in liver function & glucose production.

- Glutamine: Crucial for gut health and immunity. Emotional and physical stress deplete our glutamine stores. Glutamine supports liver health and is a great "brain food" ie: it can cross the blood brain barrier and can aid in relieving the severity of mental disorders, especially those related to or aggravated by nutrient deficiency.

WHY WONT MY BROTH GEL?

- Not the right kind of bones: You want to use bones with the most cartilage. One whole chicken should do the trick.
 - Not enough bones or too much water: Water should just cover your bones. A good ratio is 3-4 lbs of bones and 4 quarts of water
 - Heated to too high of a temperature: Heat over medium heat until the liquid rolls, then turn temperature down to low so the stock barely simmers.
 - Stock didn't cook long enough or it cooked too long. You need to cook it long enough to extract the collagen but not so long that you break down the gelatin fibers.
- As a general rule cook chicken 4-6 hours and beef for a full day or over night.



SIMPLE SLOW CHICKEN BROTH

Ingredients:

- 1 whole chicken (~4-5 pounds)
- 1 chopped onion, celery, carrot (optional)
- 2 TBSP vinegar, Filtered water

Place whole chicken in stockpot.

Fill stockpot until chicken is barely covered with water. Cover and cook on low for 6-12 hours, or for as little as 2 hours for a flavorful stock.

Check occasionally to make sure the chicken remains covered in water.

After it is finished cooking carefully remove the chicken from the stock.

Pick your chicken meat from the bone for scrambles and salads throughout the week, then strain your broth through a mesh strainer into heatproof containers.

CLASSIC BEEF BROTH

Ingredients:

- 4 lbs beef narrow and knuckle bones
- 1/2 cup vinegar
- 4-5 quarts filtered water
- 3 lbs meaty bones, short ribs or shank
- 3 onions, carrots, and celery peeled and chopped

Preheat oven to 350 degrees, roast your meaty bones for about 30 minutes in the oven.

Pour any fat out of the roasting pan and save to render and strain for cooking.

Add all of your now roasted meaty bones to the stock pot. Cover with water (add more if needed.)

Place over medium heat, add in onions, carrots, celery, any herbs or spices. Bring to a simmer then turn the heat to low. Cook with the lid off for 12-24 hours, occasionally skimming scum from the top and checking to make sure bones remain covered in water. You may add water as needed.

STORAGE: After your stock is cooled enough to handle and strain separate it into quart mason jars filled 3/4 of the way full. Let them cool, chill in the fridge, then transfer to the freezer. Your broth will keep for 5 days in the refrigerator or 6 months in the freezer.

TIPS & TRICKS

- You can use raw or cooked or roasted bones. Most believe that cooked bones have a better taste.
 - Save all your bones from dinners in a freezer bag in the freezer.
 - Chicken broth is easier on digestion and less rich than beef broth.
 - ALWAYS BUY organic, grass fed, local meat and bones when you can!!!-
- Most broth will end up slightly cloudy, skim the scum off the top while cooking if this bothers you.-
- Add in aromatics and different veggies for flavor and health.
 - Always use clean, filtered water.
 - Using a small amount of vinegar extracts minerals from the bones.
 - Never add salt.-Use your broth in soups and sauces or cook grains and beans in it!