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HOW TO MAKE BONE BROTH

AND MAKE IT TASTE GOOD

History

Bone broth has been consumed for centuries throughout almost every cuisine. Bone broth is simply "boiled bones" which has been around as long as humans have cooked with fire.

Many cultures cook with bones and boil the bones not only for their nourishing properties but also to add flavour to dishes and ensure every part of the animal gets used up and does not go to waste.

Poorer countries cook with bones when they can't afford the meat, as bones tend to be cheaper.

The longer you boil the bones, the greater the health benefits. In order to yield a true bone broth that contains plenty of gelatin, you need to boil the bones for at least 10-12 hours. This allows the collagen to break down and the gelatin to be released.



Benefits

Bone broth brings a host of benefits, the most important being for the gut. It also contains important minerals and vitamins, including calcium, phosphorus, magnesium, and potassium, vitamin A, vitamin K2, iron, zinc, selenium, and manganese which help to support your metabolism, maintain healthy bones, and keep your nerves functioning properly.

Bone broth also contains glucosamine and chondroitin, which are natural compounds found in cartilage. Multiple studies have found that glucosamine and chondroitin can help decrease joint pain and lessen the symptoms of osteoarthritis. The glucosamine and chondroitin can also help fight inflammation while the hydrolyzed collagen promotes firmer, more youthful skin. The gelatin found in bone broth also helps rebuild the gut lining and reduces gut inflammation, making it the perfect food to support IBS and other inflammatory gut diseases. It can support nail health, improve hair growth and so much more!

Drinking bone broth daily is recommended because it contains compounds that promote skin health, weight loss, blood sugar control and joint health. So adding a few servings to your diet can have a powerful impact on longevity and well being.

You're probably saying to yourself... As powerful as bone broth is, can't we get these nutrients through supplements? The answer is YES! But supplements are SO MUCH MORE expensive than making the broth yourself and when you're making it at home, you get to control the quality! Also, bone broth contains both collagen and gelatin which means you not only get all the minerals, vitamins and other nutrients in one cup but also gut, skin, hair, nail and joint support too.

It is more versatile as well if you make it yourself allowing you to take all your dishes to the next level not only with flavour but nutrition. You can add bone broth to rice, beans, pasta sauces and pretty much anything else you can think of that normally calls for veggie or chicken stock.

It is important to note however, that bone broth, especially beef bone broth is a high-histamine containing food due to the longer cooking times of bones in the pot over the course of 12 to 48 hours. This means if you have elevated histamine levels already, or are dealing with skin issues (eczema, psoriasis, urticaria, etc), you may want to avoid or limit bone broth for a period of time.





What To Use

Cooking ware: Crockpot or Stockpot - I personally like using a crockpot because it can safely run throughout the night without worrying about open flames however stockpots are great if you're making a very large batch!

Bones: When selecting bones, ALWAYS go for Organic, grass-fed, pasture raised bones. Bones are inexpensive as is so spend a few extra dollars for high quality bones as you will avoid unnecessary toxins and other chemicals in your broth and the nutritional value will be much higher.

Veggies: When using veggies in your broth, always choose organic veggies as non organic are high in pesticides and chemicals and low in nutritional value. When you are simmer the broth for so long, everything inside the veggies will be released including toxins! The price of organic carrots and celery and onions is not too much more expensive.

Seasonings: The more herbs and seasonings you add to the broth while cooking, the higher the nutritional value but also the better the broth will taste and the more palatable it will be. My go-to herbs are basil, oregano, bay leaves, thyme, lemongrass, cilantro and parsley, cinnamon, clove, cardamom, coriander seeds and chili. You can add or remove any herbs and seasonings you like. I do not add these all at one to one recipe but will use a handful of these when making broth to flavour it while it is cooking and then afterwards to make it more palatable. When cooking the broth, use dried herbs and spices and then when seasoning it afterwards to drink, use fresh!

Simmer time: Less time you simmer it, the less boney tasting it will be. However, you also reduce the gelatin and nutritional profile so it may not be as gelatinous when cold. At the end of the day, simmer it to taste! It takes 8 hours for chicken bones and 12 hours for beef bones to break down enough to release some of the gelatin. My perfect amount of time for chicken is 10 hours and 14-16 hours for beef in order to have a good-tasting broth with the benefits.



How To Make It

Bone broth naturally tastes "boney" and if not made and seasoned correctly, can be hard to drink for a lot of people, myself included.

After a lot of trial and error, I finally found the way to enjoy bone broth the best without the "bad taste". Firstly, I prefer using chicken bones to beef as it is milder in flavour and also more versatile. Secondly, I don't recommend drinking bone broth straight up if you're not a fan of the taste. If you add it to rice, pasta sauce, as a base for soup, etc you can reap the benefits without tasting it too much.

Below is the recipe to make both chicken and beef bone broth. Once you have the broth made, you can use it as a base in a lot of recipes, or of course drink it straight up. my GO-TO with bone broth is my 'pho' soup where I take chicken (can also use beef) bone broth and mix it (all to taste) with greens (usually swiss chard), coconut aminos (secret ingredient) , salt, pepper, Yai's Thai chili hot sauce, lemongrass, handful of thai basil, konjac noodles and shrimp or chicken pieces! I literally mix all these together

in a soup bowl and then pour piping hot bone broth overtop and add the noodles and enjoy. The other thing I do to make it taste more palatable is only simmering the bones for 12-15 hours. You can certainly go longer and it is even healthier if you do, however you will have a strong and distinct bone taste. BY simmering it for 12 hours, you still get gelatin and all the nutrients but with a milder flavour.

Ok, now that you know a bit how I enjoy my broth, lets get to boiling the actual bones!

Below is a recipe for chicken bone broth and beef bone broth. You can use bison, lamb, turkey or any other bones you like. Lastly, my recipe is for a crockpot or stove-top pot. You can make bone broth in a pressure cooker much faster however, you will need to adjust the time accordingly.



CHICKEN BONE BROTH RECIPE

Ingredients:

- 4 pounds chicken bones and/or carcass (do not use the meat)
- 3 carrots, chopped
- 3 celery stalks, chopped
- 2 medium onions, peel on, sliced in half lengthwise and quartered
- 5 garlic cloves, peel on and smashed
- 1 teaspoon Himalayan salt
- 1 teaspoon whole peppercorns
- 3 tablespoons apple cider vinegar (helps break down collagen)
- 2 bay leaves
- 2 tbs dried lemongrass
- 3 sprigs fresh thyme
- 5–6 sprigs parsley
- 1 teaspoon oregano
- 3 tbs honey (optional)
- 20 cups water

Directions:

1. Place all ingredients in a 10-12 quart slow cooker or large pot on stove (slow cooker is hands off)
2. Add in water to cover the bones
3. Simmer for 12-24 hours, skimming fat occasionally.
4. Remove from heat and allow to cool slightly. Discard solids and then strain remainder in a bowl through a fine-mesh sieve. Cool the broth to room temperature.
5. I recommend transferring the broth into mason jars with tight lids using a funnel
6. Store in the fridge and use within a week or freeze up to three months (you can freeze them directly in mason jars, just be sure to only fill them 3/4s of the way as they will expand).



BEEF BONE BROTH RECIPE

Ingredients:

- 10 pounds beef bones - preferably a mix of marrow bones (femur bones) and bones with meat on them (shank, short ribs, and knucklebones cut in half)
- 4 large carrots, chopped
- 2 medium onions, quartered
- 2 whole heads garlic, cut into quarters
- 6 stalks celery, chopped
- 4 bay leaves
- ¼ cup black peppercorns
- 4 whole star anise
- 2 whole cinnamon sticks
- 2 tablespoon apple cider vinegar
- 3 tbs maple syrup (optional)
- 2 tbs dried lemongrass
- 3 stalks green onion, chopped

Directions:

Step 1: Blanch the Bones - Divide the bones between two large pots and cover with cold water. Bring to a boil over high heat and simmer for 10-15 minutes before draining and rinsing the bones with water.

You do not have to blanch the bones however, I recommend you blanch the bones first, especially if you're making broth from beef bones. If you're using chicken bones or chicken feet blanching is less important, but beef bones really need this extra step, especially if you want a clear stock.

What's the purpose of blanching? The purpose is to remove impurities, coagulated protein, and blood which ultimately results in a cleaner, better tasting broth.

Step 2: Roast the Bones and Vegetables -
Now that your bones have been blanched, drained, and rinsed, it's time to preheat your oven to 450 degrees F. Transfer the bones and vegetables (carrots, onions, garlic, celery) to the roasting pans. Avoid piling them all on top of each other- use two roasting pans, if necessary. Roast for 30 minutes before gently tossing the bones and vegetables, and roasting for an additional 15-30 minutes more.

Roasting the bones first adds so much flavour and depth to the broth. This step is an easy way to brown and caramelize your bones without a lot of added work. Do not char or burn your bones but a deep browning is the goal. You can skip this step but your broth will taste a lot different. Browning chicken bones is necessary, this is only a thing typically for beef bones (or other red meats).

Step 3: Transfer the Bones Back to the crock pot or stockpot & bring to a boil.

Wash the stockpots that were used to blanch the bones and divide the roasted bones and vegetables between the two pots. Scrape up any brown bits and juices remaining in the roasting pan using a metal spatula and a little water, if needed, and divide between the two pots for added flavour!

With the bones and vegetables divided, divide the bay leaves, peppercorns, star anise, cinnamon sticks, and apple cider vinegar between the two pots.

Fill each pot with approximately 12 cups of cold water, or enough water to cover the bones by an inch. Cover each pot with a tight-fitting lid and bring to a low boil.

You can use a crockpot instead of stockpot if you like however for this recipe you will you will likely need 2 large slow cookers. Instead of transferring the roasted bones, veggies, herbs, and spices to large stockpots divide them among two large slow cookers, cover with cold water, and cook on low for 16-48 hours with the lid slightly ajar. Add additional water, as needed, to keep the bones covered. If you do not have 2 crockpots, cut the recipe in half.

Step 4: Reduce heat to low and simmer, with the lid slightly ajar (skimming any foam or excess fat) for at least 8-12 hours or up to 24 hours. Do not leave the stove running overnight but rather cool and store the broth in the fridge and continue to simmer the next day. Add more water if needed to make sure bones and vegetables remain fully submerged. You can use a slotted spoon to remove any vegetable's that are getting too mushy.

Step 5: Once the bones have simmered and your broth is ready, you will need to strain the broth through a fine-mesh sieve. For an extra clear broth, strain a second time through a food-grade cheesecloth.

Set aside the broth to cool and discard everything else (except meat from the bones - you can eat this!)

Step 7: Add a couple of handfuls of ice to your broth to cool it quicker and cover with a lid. Once it is mostly cooled, pour broth into mason jars and cover with lids and place in the fridge. When the broth gets cold, the fat will settle to the top. I recommend moving this fat for a better tasting broth but you can leave it if you like.

Step 8: Bone broth can be stored in the fridge for approximately 5 days. If you make a large batch, freeze smaller batches in the freezer for up to 6 months and you can use it in any recipes that call for beef broth, to make soups and Pho with and much more.



How To Store It

I like to store my broth in sealed jars but you can also use freezer-safe bags Ziplock bags.

These are my favorite glass storage jars to use when freezing. When storing in the fridge, you can keep leftovers in a pot with a lid to make it much easier to reheat if you like.

If you only have a small amount of bone broth left, you can freeze it in ice cube trays and add 1 cube to meals when you re-heat them to add more nutrition and flavour! The cubes also make it much easier for kids and babies to enjoy it too and not to mention, it makes a fantastic gravy!

My family and I drink a big mug of bone broth 1-2x/week but we add it to all our food almost daily. This helps keep our guts strong and happy and healthy!

