

# BONE BROTH

TIME: 4 TO 24 HOURS

YIELD: 4 LITRES

DIFFICULTY: EASY

## INGREDIENTS

4 Litres filtered water

1kg (or more) Bones

*From a good source (knuckle and marrow bones work well, but you can use any type of bones)*

2 Tablespoon Apple Cider Vinegar

1 Bay leaf

## Stovetop method:

1. Place all ingredients in a large stockpot or slow-cooker and bring to a boil.  
Lower the heat, so the water is barely simmering; cover.  
Occasionally skim the surface for any scum that may appear during cooking.
2. Cook for at least 8 and up to 24 hours, being sure to check periodically to ensure the broth is still at a bare simmer. The longer you cook your bones, the more rich and nutritious the broth will be.

## Pressure cooker Method:

1. Place all ingredients in a pressure cooker, making sure not to exceed the fill line.  
Lock lid and place over high heat until the cooker comes to high pressure, then turn down to the lowest setting that will maintain this pressure (you may need to use a flame tamer).
2. Let the broth cook this way for 3 hours, then turn off the heat and let the broth depressurise and cool naturally.

## When the broth is finished (using either method):

3. Let cool, then strain and portion the broth into containers for storage.  
After the liquid is strained, pick through any bones that are still intact and save them to add to the next batch, tossing those that fell apart. (you can usually get a few batches out of larger beef knuckle bones, while chicken bones last only 1 to 2 batches.)

**Variations:**

There are many ways to vary your bone broth, such as browning the bones in the oven before cooking or adding some herbs and spices or vegetables while it is cooking.

I like to avoid salting my broth so that it doesn't impact the amount of salt used in recipes.

The broth can also be boiled to reduce so that it is concentrated and store more easily.

As you continue to make broth, you will get into a flow and can make it according to your preference.

**Sourcing Notes:**

Bones should not be expensive or difficult to find. The best source is from a farmer you trust, maybe at a farmers market or through a local farming co-operative.

If you don't have those sources available to you, a lot of health-food stores sell bones from grass-fed meat. Be sure to ask the butcher if you don't see any available.

Also, you can start a bag in your freezer for storing any bones from the meat you consume. Just toss them into the bag and make broth at a later time.

Feel free to use any type of bones, even if they have been previously cooked, to make broth.

Beef, lamb, chicken and turkey all work well.

**Storage:**

keep in the refrigerator for a week. Also freezes well.