

## Bone Broth Recipe

Options for adding to large crockpot/pressure cooker of water (all pasture-raised animals of course!):

- Chicken carcass with feet and neck if you want the most nutritious stock
  - Fish bones including head and tail
  - Beef, pork or lamb bones, preferably cracked to extract the most marrow (examples: oxtail, cross shanks); if there is enough meat on the bones, it is preferable to brown it first.
1. For two quarts of water, use 2.5 pounds of bones. You may add 1-2 Tablespoons of apple cider vinegar to the water, though it's not necessary. This helps pull out the important nutrients from the bones and tendons. You may also add onions, leeks, carrots, garlic, ginger, turmeric, mushrooms, celery, herbs and spices – whatever else you want for improved flavor and nutrition.
  2. Slowly bring to a boil, and then reduce the heat to simmer. If *not* using a pressure cooker, simmer for at least 6 hours. I simmer for over a day. If you ARE using a stovetop pressure cooker, turn the heat on high until the indicator pops up, showing the contents have reached the appropriate pressure. Then immediately decrease the temperature to the lowest possible setting to maintain that pressure. LOW is usually adequate. I let it go from 30-60 minutes and then let the pressure release naturally for 10-15 minutes.
  3. Store in a closed container for a maximum of five days because broth is an excellent growth medium. If you want to store it, freeze it as I do my lemon juice extractions: after it comes to room temperature, fill large silicone muffin trays with it before freezing. Place the trays on a baking sheet for rigidity. After they're frozen, you can easily pop them out and store them all together in silicone bags in the freezer.