

# MINERAL-RICH BONE BROTH

The richness of the aroma as you walk into your home is intoxicating as the bone broth lightly simmers on the stove hour after hour, sometimes day after day. Incorporating bone broth in your daily life will transform your body, soul and possibly even create new ceremony into your cooking.

Bone broth elevates soups and sauces while nourishing your belly and preparing it for meals. Try drinking 1 cup of bone broth before each meal and notice the changes in your digestion and your energy (see **Warm Liquid Gold** on ptk). Incorporate this healing broth first thing in the day with **High-Mineral Bone Broth Breakfast** (ptk).



prep: 30 minutes  
total: 12 to 72 hours (Depending on protein and simmer time chosen)

# 5 to 6 quarts



10- to 12-quart (or larger) stock pot

## INGREDIENTS

**2 to 3 pounds of bones from grass-fed beef, lamb, bison or elk; organic chicken; turkey or duck**

- **Note: Marrow bones from red meat animals are preferred.**
- **Note: Purchasing organic rotisserie chickens allows you to immediately utilize meat and carcass can be used for broth. Purchase 2 rotisserie chickens for 1 batch.**
- **If using rotisserie chickens, no need to re-roast the bones, so skip step 3.**

**2 tablespoons apple cider, rice wine or raw coconut vinegar**

**6 quarts cold filtered water**

**4 cups onion, rough-chopped**

**2 cups carrot, rough-chopped**

**2 cups celery, rough-chopped**

**8 cloves garlic, smashed**

## DIRECTIONS

1. Preheat oven to 400°. Line a baking sheet with parchment paper and place the bones on it if using raw bones.
2. Roast bones for 30 minutes. If you have bones with meat or fat on them, you may want to roast them for 10 to 15 minutes longer depending on the size. Crisping the skin maximizes flavor .
3. Cover the bones in the pot by 3 inches with cold filtered water and vinegar for 1 hour. The acid maximizes the broth's mineral content by leaching out as much mineral content from the bones as possible.
4. After soaking, place pot on stove and set to high heat, and allow water to come up just to a simmer, not to a boil. Reduce the heat to the lowest setting, cover the pot, but keep it partially ajar so some of the steam can escape.
5. Check back in 30 minutes to ensure that the liquid is not boiling. Allow 12 to 72 hours for red meat and 6 to 8 hours for poultry. During those hours, keep the pot covered but partially ajar and ensure that the cooking temperature is low with the water barely simmering, about 160° to 180°.
6. You may need to replenish with more filtered water to keep the water level high. Each time you do this, bring the water temperature back up just below a boil, and then reduce the heat to a simmer.

Vitamins: ↑ k, b6

minerals: copper, iron

FODMAPS: ✓

Plant Paradox: ✓

GAPS: ✓

AIP: No (nuts)

Histamine: No (nuts)

7. In the final hour of cooking, add the vegetables and garlic.
8. Strain the stock, and if using red meat bones, reserve the thick marrow-filled bones.
9. Marrow: Remove the marrow from the center of the red meat bones by shaking it out or by using a thin tool. The marrow inside of the red meat bones is delicious and highly nutritious.
10. Tallow (Grass-fed beef and lamb fat) or Schmaltz (Chicken fat): Once the bone broth cools completely in the refrigerator, a layer of fat will develop on top of the liquid. Remove this, simmer it down, and pour over fine-meshed cheesecloth into a jar. Store it in a container in the refrigerator or freezer. This is an unprocessed delectable high-heat cooking fat that will last 6 months in the refrigerator, and 2 years in the freezer.

