

BEEF BONE BROTH

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Bone Broth

Homemade bone broth isn't just delicious, it's wellness in a bowl.

Making broth is not rocket science, but it does take planning and the best ingredients you can find.

The better your ingredients, the more nutritious your broth will be. Pastured and organic chickens also mean you can avoid the chemicals and subclinical antibiotics usually associated with confinement poultry production.

Cooking Methods

1. 12-18 hours at a very low simmer on your stove, or
2. 90-120 minutes in your pressure cooker

Note - About slow cookers: Most fail to maintain a low simmer, and boil instead. The prolonged boiling (12+ hours) could degrade taste and reduce nutrition. See *Cook's Illustrated* magazine for slow cooker reviews.



Basic Recipe

For a foundational broth

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- 8-10 quarts cold water
- 6-7 lb. bones - combination of meaty, marrow and knuckle** (see Note, page 2)
- 3 large carrots, quartered
- 2 large (or 3 medium) onions halved, root ends cut off, peels left on
- 3 celery ribs, cut in four
- 3 cloves garlic, peeled and smashed
- 3 bay leaves
- 1 T vinegar or 1/4 c red wine
- 4 tsp black peppercorns
- 1 tsp sea salt
- 3-5 springs fresh thyme, or 2 tsp dry

Instructions - Stove top 12-16 qt Stock Pot

1. Place bones in roaster or low tray in a single layer. Roast at 375°F for 35-45 minutes until nicely browned.
2. Place bones and rest of ingredients into a large stock pot.
3. Add 4-5 quarts cold water, or more as needed, to cover all.
4. Bring to a boil over medium high heat, then reduce

About Pressure Cookers

When I bought my first pressure cooker several years ago, I found very few books to help me explore this approach. Today, there seems to be a new cookbook published every other month. And then there are the websites and blogs devoted to pressure cooking.

While the appliances of yesteryear were usually aluminum and a bit intimidating, today's models are stainless steel, designed for safety, and feature lift-out pot inserts.

Tip: Look for stainless steel inserts.

There are two types of pressure cookers: stovetop and electric. I own and use both all the time.

The stovetop appliance is easy to use, but requires monitoring to make sure the heat under the cooker is just high enough to keep the device at pressure. Stove top pots reach cooking pressure and cool down more quickly than the electronic models.

immediately and cook at a bare simmer for 12-16 hours.

5. During first hour, skim off any scum that collects on the surface.

6. Check the pot frequently to make sure the simmer is kept low, and there's enough water to keep ingredients submerged. Add water if needed.

7. Once done, allow broth to cool to for safe handling.

8. Carefully lift out the larger vegetables, bones and pieces of meat. Discard spent veggies and bones. Use meat in future recipes.

9. Strain the broth through a metal strainer or colander to remove all solids.

10. At this point, you can use the broth immediately or freeze for future use.

11. You may also choose to defat the broth and reduce it.

12. To defat, refrigerate the cooled down broth over night. The next day, lift off the solidified fat.

- You can store this fat separately for sautéing and cooking.

13. You can freeze the now defatted broth, **or** you can return it to a pot and simmer it until it's reduced to one-half volume. This can take anywhere from 45 minutes to 2 hours at a good simmer. This takes close watching to make sure you don't boil off and burn your hard-earned broth!

- You can freeze this concentrated broth in jars or in ice cube trays. Once frozen, you can pop out the cubes and store them in plastic bags in the freezer.





On the other hand, today's electric cookers are usually programmable and multi-functional, allowing you to use them as ricers, steamers, yogurt makers, and slow cookers. For most recipes, you can set the time and walk away.



Tip: Never fill a pressure cooker more than 2/3 full.

(See manufacturer's instructions)

Instructions — 8QT Stove top Pressure Cooker

1. Assemble the same list of ingredients listed for the stove top stock pot, *except for amount of bones used. See note.*
- ♦ **NOTE: Given the space displacement by the bones, use about 4 lb. bones in the 8 qt. pressure cooker.**
2. When you add water, make sure that the contents of the pressure cooker do not exceed the maximum level line indicated on the inside of the pot. (This is usually 2/3 the volume of the pot.)
3. Lock your lid into place.
4. Increase the heat under the pot to high and bring the pot to pressure. This is usually indicated by a pop-up button on the lid. (See your manufacturer's instructions.)
5. Once the pot has reached pressure:
 - Begin timing, and
 - Reduce the heat to just maintain high pressure.
6. Keep the pot under high pressure 90-120 minutes.
7. Turn off heat and use the "quick release method." **See your manufacturer's instructions.**
8. **Open the lid so that steam vents away from you.**
9. Follow steps 10-14 from previous recipe.

Instructions - Electric Pressure Cooker

1. Assemble the same list of ingredients listed for the stove top stock pot.
2. When you add water, make sure that the contents of the pressure cooker do not exceed the maximum level line indicated on the inside of the pot. (This is usually 2/3 the volume of the pot.)
3. Lock the lid in place.
4. Follow manufacturer's instructions to bring the pot up to pressure for 90-120 minutes.
5. Follow steps 10-14 from "Stove top stock pot" recipe
- ** Reduce bones to 4 lb. for 8-quart pressure cooker, and to 3 1/2 lb. for 6-quart pressure cookers.