

BONE BROTH

Ingredients:

1. Bones - from poultry, fish, shellfish, beef, lamb

- cooked remnants of a previous meal, with or without the skin and meat
- raw bones, with or without skin and meat
- use a whole carcass or just parts (feet, ribs, necks, knuckles, shells and fish heads)

2. Water - start with purified cold water

- enough to cover the bones
- or 2 cups water per 1 lb of bones

3. Vinegar - apple cider, red or white wine, rice, balsamic

- a splash
- 2 tbsp per 1 qt water or 2 lb bones
- lemon juice may be substituted for vinegar

4. Vegetables - optional - peelings and scraps like ends, tops, skins or entire vegetable

- celery, carrots, onions, garlic and parsley are most common, but any will do
- add towards the end of cooking

Recipe

Combine bones, water and vinegar in a pot. Let stand 30 minutes to 1 hour. Bring to a simmer. Remove any scum that has risen to the top. Reduce heat and simmer. (6 - 48 hours for chicken; 12 - 72 hours for beef). To reduce cooking time, you may smash or cut bones into small pieces first. If desired, add vegetables in last 1/2 hour of cooking. Strain through a colander or sieve, lined with cheesecloth for a clearer broth. Discard the bones. If uncooked meat was used in the beginning, reserve the meat for soup or salads.

An easy way to cook broth is to use a crock pot on low setting. After putting the ingredients into the pot and turning it on, you can walk away. If you forget to skim the impurities, it isn't a disaster. It simply tastes better if you do. If you wish to remove the fat for use in gravy, use a gravy separator while the broth is warm, or skim the fat off the top once refrigerated. Cold broth will gel when sufficient gelatin is present. Broth may be frozen for months or kept in the refrigerator for about 5 days.

Usage

SOUP - Make soup by adding vegetables, beans, grains or meat to broth. Briefly cook vegetables and meat with butter or oil in the bottom of a stockpot (5 minutes). Add broth, grains or previously soaked beans, if desired. Simmer until everything is cooked thoroughly. Time will vary with the ingredients used, but count on a minimum of 20 minutes. Season at the end of cooking with MARTIN SEASONING or spices of choice. Consult cookbooks for specific recipe ideas.

COOKING LIQUID - Use broth in place of water to cook rice, beans or other grains. Bring broth to a boil, add grains or beans, reduce heat and cook for instructed time. Or, simmer vegetables or meat in a little seasoned broth until cooked. Remove to a plate, thicken broth with cornstarch, arrowroot or flour, then pour over vegetables and meat.

GRAVY - Make gravy to put on vegetables, meat or biscuits. Put fat (removed from the broth, or use butter) in a skillet. Add any type of flour, 1 tbsp at a time, and stir constantly until browned. Whisk in broth and cook until thickened. Add MARTIN SEASONING or spices of choice to taste.

TEA - You can add MARTIN SEASONING and sip broth like a tea. This is especially nice in the winter or if you are feeling ill. Since broth is simultaneously energizing and calming, it can take the place of morning coffee, afternoon tea or evening nightcap. Try it in a thermos and sip throughout the day. The most traditional use for Bone Broth is as a first course to enhance the digestion of any meal.