

Bone Broth (Great Gut Healer)



Ingredients

Bones (Beef, Chicken, Pork, or fish)

Water (cold)

Herbs or other flavourings (see below)

Directions

Add to cold water, bring to boil, simmer for 2+ hours, Skim foam

from top, Strain, cool very quickly. Refrigerate. Use to add flavour to anything that requires water. See tips bellow.

One of the world's most basic recipes, stock is simply bones and vegetables simmered slowly in lightly salted water. That process extracts flavour and healing collagen from bones, whether it's the carcass of a leftover roast chicken, prime rib or raw wings. As the water evaporates during cooking, the flavour continues to intensify. ***The longer it cooks, the more flavourful it becomes.*** Important: For the best stock, start by placing bones and/or vegetables into a stockpot or a slow cooker and add **cold** water. This ensures the stock heats slowly and evenly.

Many recipes call for various herbs and aromatic vegetables, which are considered building blocks that create depth and flavour. Remember, stock is meant to be fairly neutral in flavour, as it's going to be seasoned in finished dishes. That's what separates stocks from soups and the bone broth. Stocks are the starting point, going on to become the best soups, sauces, or even add a finishing splash to a stir-fry or pasta sauté to make it the best you've ever tasted. Some recipes call for adding vegetables and herbs after the stock has been skimmed. (See No. 7.) Waiting a bit means the vegetables retain their vibrant quality.

The most traditional additions to most basic meat-based stocks:

- Chopped onions
- Chopped celery
- Chopped carrots
- Garlic cloves
- Leeks
- Parsley (the greens, and the stems)
- Bay leaves
- Thyme
- Whole peppercorns (add only in the final 30 minutes of cooking)
- Salt

Many cooks make the mistake of cooking a whole chicken when making stock. It's essential to recognize that the flavour from stock is derived from the bones, not from the meat on the bones. If making a soup add the cooked meat in the last 30 minutes or remove the meat after the first thirty minutes and continue to simmer the bones, adding the meat back at the end. I prefer to use large bone that have been cut allowing for the extra flavour from the marrow to come through.



Classic beef stock begins by slowly roasting bones, a process that caramelizes the bones, while the same principle works for vegetables. When roasting meat, place a few extra carrots and halved onions to the pan. Veggies browned alongside or even underneath meat adds colour and character to simple stocks.

Professionals have long used this genius trick for creating ultra-tasty stock: Simmer bones in already finished stock instead of water. This technique increases flavour especially when creating a drinking broth. When simmering bones in finished stock, do not use additional salt.

As the stock comes to its initial boil, use a slotted spoon to remove the foam that floats to the top. That's excess protein, fat and bits of bone. This step ensures a clear, clean stock with a more intense, concentrated flavour. When drinking as a broth it makes for nicer texture in your mouth.

When stock is finished simmering, strain it through a colander you can line it with cheesecloth or a clean tea towel for extra clarity

Once stock has been strained, it's essential to cool it quickly so no harmful bacteria forms. Take a cue from the professionals, who place strained stock in a bowl and place that bowl in an ice bath, stirring the stock until the temp drops to 4 degrees C. Then, the finished stock can be refrigerated for at least four hours, or overnight, until a layer of fat forms on top. That fat can be skimmed off (and reserved for later use, depending on recipe instructions), and the stock is ready for use.

To maintain the full flavour of the slow-simmered stock, store any stock that's not destined for a recipe in an airtight container in the fridge for up to a week. Stock can also be frozen for up to three to six months, either in an airtight container, or in ice cube trays. Once the stock is frozen, remove from the ice cube trays and store in resealable plastic bags. Those cubes of frozen stock are handy for adding extra flavour to sautés, stir-fries or sauces.