

Beef Bone Broth

Makes 4 quarts

You can follow this recipe and make two batches of stock using the same bones, if you like. To do this, in step 7, instead of discarding the bones, save them and then follow steps 2 through 9 again for your second batch.

Recipe Ingredients

- 5 lb bag organic beef bone, thawed (my favorite source is www.Greensbury.com)
- 2-3 tbsp of Apple Cider Vinegar
- 1 medium onion
- Herbs of your choice (my favorites are rosemary and thyme)

1. Take thawed beef bones and lay them in a glass baking dish and roast them on 400° for 25 mins. Flip them and continue roasting for another 20 minutes.
2. When done roasting, use tongs to place bones in a single layer on the bottom of a crockpot or large stainless steel pot. Some bones may have to be laid on the side and some straight up/down to make them all fit.
3. Add 4 quarts of spring water (room temperature) and 2-3 Tbsp of Apple Cider Vinegar.
4. Cook covered on low for 30-40 hours. (If using a pot, you will have to occasionally check that the water is not boiling. It should be just barely simmering. If the water is getting low, add more.)
5. Add roughly chopped onion and herbs. Cook covered on low for another 8 hours.
6. Let the liquid cool for a few hours.
7. Strain the vegetables and herbs. Take the bones and set them aside (you can follow this recipe and make one more batch of stock using them, if you like).
8. Using a strainer, pour the liquid into wide-mouth glass or stainless. (If you are putting it in glass, make sure the liquid is cooled sufficiently or the glasses have been warmed sufficiently. Putting hot liquid into cool glass can break the glass.) Let them sit on the counter covered for an hour so the fat goes to the top.
9. After the fat has separated, put the container(s) in the fridge and let the fat harden. Then scrape the fat off the top. You can put aside and use it for cooking or you can just discard it.