

HOW TO MAKE A RICH, FLAVOURFUL AND NUTRITIOUS BEEF BONE BROTH

B R O T H

Ingredients:

5 lbs Bones

1 lb Mirepoix (Equal parts carrots, onions and celery. Add 1-3 garlic cloves to your preference.)

5 Litres Water

1 Bouquet Garni:

1 small to medium handful of fresh herbs, stem on - thyme, sage, savory, or your preference.

2 bay leaves (Please see note in "Braising" section regarding bay leaves.)

1/2 tsp black peppercorns

Wrap the herbs and peppercorns in cheesecloth and tie with butchers twine, or place in a large tea ball if you prefer.

Step 1 - Roast the bones at 400°F for 45 minutes, or until they are browned and caramelized.

Step 2 - Sauté the mirepoix in a good triple rendered tallow or butter until soft.

Step 3 - Place the bones, mirepoix, and bouquet garni in a large stock pot and cover with water.

Step 4 - Simmer for 10-12 hours for a deeply flavourful, collagen rich bone broth. 10-12 hours is a commitment but you will not regret it. If you are short on time, you can simmer the broth for 6-8 hours but the results will not be as flavourful.

For our friends who are adhering to the Carnivore Diet, feel free to leave out the mirepoix and bouquet garni but do be sure to simmer the broth for the full 10-12 hours for best results.

THE TEN COMMANDMENTS OF MAKING BONE BROTH

- 1 - Thou shalt roast thy bones until browned and caramelized.
- 2 - Thou shalt use a mirepoix made of fresh, organic vegetables.
- 3 - Thou shalt wrap a Bouquet Garni only with the freshest, most fragrant organic herbs.
- 4 - Thou shalt not boil thy broth. (A slow simmer only.)
- 5 - Thou shalt not salt thy broth. (This is done afterwards, to taste.)
- 6 - Thou shalt not cover thy stock pot.
- 7 - Thou shalt skim the foam from thy broth.
- 8 - Thou shalt not rush thy broth.
- 9 - Thou shalt strain thy broth when it is done.
- 10 - Thou shalt batch make thy broth, can or freeze, and enjoy all season!