



BASIC BONE BROTH

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Ingredients:

- 3.5 to 4 pounds beef bones. Any type of bones will do, but for the richest, most gelatinous beef broth, add some collagen-rich knuckles, tails, feet, or neck bones
- 2 carrots, chopped
- 2 celery ribs, chopped
- 1 onion, peeled and quartered
- 6 garlic cloves, peeled and halved
- 2 bay leaves
- salt and pepper
- Water (about 4 to 6 quarts/4 to 6 L)

Instructions:

Optional: Browning the bones before simmering gives the broth a deeper, richer flavor, but it's optional. Preheat oven to 375 °F. Spread the bones out on a large roasting pan. Roast 30 to 40 minutes, until nicely browned.

Put the roasted (or unroasted) bones in a large stockpot or 6 to 8-quart slow cooker. Add carrots, celery, onion, garlic, bay leaves. Add enough water to cover the bones by an inch or two.

In a stockpot, simmer on very low heat, with a lid, for at least 10 to 12 hours, or up to 24 hours to extract the most nutrients and flavor, occasionally skimming foam and fat from surface.

In a slow cooker, cook on low for at least 8 hours and up to 24 hours.

The broth is done when it has a rich, savory flavor and deep reddish-brown color.

Pour broth through a strainer to remove all solid ingredients. Cool the broth quickly by pouring it into a shallow and wide container. When the broth has cooled, then cover and refrigerate. Use the refrigerated stock within several days, or freeze for several months