

## Basic Bone Marrow Broth Recipe

Bone broth is an amazing addition to your diet. Gourmet chefs praise its irreplaceable flavor, but we also love it for its exceptional health benefits. Bone broth is one of the easiest, most inexpensive and beneficial additions you can make to your diet.

To maximize the healing effects, look for large bones with lots of marrow. Simmering the bones for a long period of time with a splash of vinegar helps to extract calcium, magnesium, phosphorus, silicon, sulphur, and other trace minerals, as well as collagen and amino acids. The nutrients in bone broth are easily absorbed and help to build strong hair, nails, bones, cartilage, tendons and all of the connective tissue in the body, including in the gastrointestinal tract, and also provide the foundation for a strong immune system.

From a Chinese medicine point of view, bone broth builds the most essential component of the body, the Kidney essence, along with the qi, blood, bones and tendons. Thus, bone broth is an especially useful staple during the winter, and for those trying to conceive. It is also highly beneficial for those recovering from injury, illness, surgery, or childbirth, and those with chronic joint pain, back pain or generally poor health.

### The basic recipe for bone broth is simple.

1. Get bones from an animal that was raised naturally (organically & pasture-fed, is ideal), free of hormones or antibiotics, such as beef, lamb, pork or chicken (a whole chicken carcass works fine). Marrow bones can also usually be purchased from a butcher or meat specialty store.
2. In a large soup pot or crock pot, cover the bones with at least 2 inches of water, and add a splash of vinegar.
3. Bring to a boil.
4. Reduce to a simmer and **let the broth cook for 8-72 hours**. The longer it cooks, the more nutrients are extracted and the richer the flavor.
5. Strain the broth; cool and skim off the fat if desired.
6. If you enjoy the taste, drink 1 cup every morning (warmed, of course).
7. Broth may be refrigerated for several days, or frozen in smaller quantities for several months.
8. Use the broth as a base for soups, sauces, gravy, congee, etc. or add a bit when you cook rice or beans or braise meat or vegetables. It's hard to go wrong with a great base, so experiment and enjoy!

### Other tips:

- Keep a container in the freezer of meat scraps and bones from the table instead of throwing them away. When you have enough, make bone broth!
- Vegetables, herbs and meat can be added and cooked in the strained broth for a quick and hearty soup.
- Freeze some broth in ice cube trays and use individual cubes to boost the flavor and nutrition of any recipe.
- Different bones will confer different flavor; chicken and beef are good starting points, but experiment and use what you like.