



## Beef Bone Broth

a basic starter recipe

- 3-4 lbs. cut beef marrow bones (from El Salchichero in Santa Cruz, Whole Foods, or any organic source)
- 1 large onion (cut in half with skin on)
- 4-6 garlic cloves (whole or chopped)
- 4 large carrots (chopped)
- 4 stalks of celery (chopped)
- 4 parsnips (chopped)
- 1 tablespoon of oil (bacon fat, lard, coconut oil, butter, ghee)
- 1 tablespoon of organic apple cider vinegar

Begin by pre-heating the oven to 350-400°F. Spray a baking dish or pan with oil to prevent sticking. Roast the bones in the oven at 350-400°F for 25 minutes to enhance flavor. Throw all the chopped vegetables into the pot with some bacon grease, coconut oil, or butter (1 tablespoon). Lightly cook the vegetables, stirring and mixing frequently for 8-10 minutes before adding water to fill your pot (4-6 qt). Add a tablespoon of apple cider vinegar to the pot. Add the roasted bones to the pot by carefully placing them into the pot with tongs. Pour the melted marrow and juices from the bones into the pot as well.

Add seasonings:

- sea salt - ½ - 1 teaspoon
- pepper - 3-5 whole peppercorns or a dash of crushed pepper
- bay leaf - 2 bay leaves
- other spices to adjust to your flavor preferences (cardamom, ginger, grains of paradise, white pepper, chilis, etc.)

We also typically add shiitake mushrooms (dried), goji berries, Chinese red dates (3-5 pieces), and some American ginseng powder to enhance the nourishing and therapeutic aspects of the broth.

We use and recommend a pressure cooker as it takes less time (2-4 hours). If using a pressure cooker, cook for 2-8 hours, on medium-low, then remove from heat. After releasing pressure, add in a whole bunch of parsley, cilantro and/or other greens to enhance mineral/vitamin content. Stir in the greens. Cover and let the broth get back up to a simmer - hold at simmer for 10 minutes. Turn off and let cool for 25 minutes with the lid on, or until the broth is safe to transfer without risk of burns.

If using a crock-pot or stove-top pot, cook for a minimum of 12-36 hours on a low simmer. The longer you cook the broth, the more the collagen, fats, etc are broken down and the more concentrated it becomes.

Strain once, then rinse remaining materials in the pot with clean, filtered water to stretch the extracted nutrition and increase overall volume of broth.

Store in glass jars, or food-safe containers, in the fridge. Freeze the broth if you don't plan of using it within 5 days.

Use the fat that will settle & harden at the top of the containers for cooking/sauteing vegetables, or simply discard.

