**Beef Stock Recipe** - Dr. Dan's Beautiful Bone Broth

About 4 pounds beef marrow, beef knuckle bones,

& an oxtail (optional)

3 pounds meaty rib or neck bones

4 or more quarts cold filtered water  
1/4 cup vinegar  
3 onions, coarsely chopped  
3 carrots, coarsely chopped  
3 celery stalks, coarsely chopped  
several sprigs of fresh thyme & 3 to 4 bay leaves  
1 teaspoon dried black peppercorns, crushed  
l bunch parsley

Place all bones, carrots & onions into a roasting pan and brown at 350 degrees in the oven for about 45 minutes. When well browned, place all of this into a very large pot with vinegar and cover with water. Let stand for one hour. Meanwhile, pour the fat out of the roasting pan, add cold water to the pan, set over a high flame and bring to a boil, stirring with a wooden spoon to loosen up coagulated juices. Add this liquid to the pot, along with the chopped celery. Add additional water, if necessary, to cover the bones; but the liquid should come no higher than within one inch of the rim of the pot, as the volume expands slightly during cooking. Bring to a boil. A large amount of scum will come to the top, and it is important to remove this with a spoon. After you have skimmed, reduce heat and add the thyme, bay leaves, and crushed peppercorns.

Simmer stock for at least 12 hours, and as long as 72 hours. Just before finishing, add the parsley and simmer another 10 minutes. You will now have a pot of brown liquid containing globs of gelatinous and fatty material. After straining you will have a delicious and nourishing clear broth to drink; this also can be used as a base for many other recipes.

Remove bones with tongs or a slotted spoon. Strain the stock into a large bowl. Let cool in the refrigerator and remove the congealed fat that rises to the top. Transfer to smaller containers for the fridge, and to the freezer for long-term storage. Reheat individual servings of broth on the stovetop each day and add a bit of sea salt to taste.

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🡪 note:

This recipe can be modified for use with deer (venison) or goat (chevon- from adult, cabrito- from kids). Rib bones (even after you’ve cooked and eaten them as “ribs”) can be added; the wider the variety of marrow bones, the better. Just be sure you have cut them to expose the marrow (use a meat saw or a good hack saw). Hooves can be added also. Scrub the hooves then “slice” them up with a pair of good pruning shears – they are rich in gelatin, which is hydrolyzed collagen.

Bone broth is rich in vital minerals and nutrition. It can be drunk straight or used in recipes as a base for sauces, gravies and soups. Below is a recipe for Chicken stock. You can also use your leftover chicken bones from your family’s fried or roasted chicken dinner - just make sure to leave a little bit of meat on them for more flavor and nutrition in your broth.

**Chicken Stock**

* 1 whole free-range chicken or 2 to 3 pounds of bony chicken parts, such as necks, backs, breastbones and wings
* gizzards from one chicken (optional)
* feet from the chicken (optional but they add a lot of gelatin, which is hydrolyzed collagen)
* 4 quarts cold filtered water
* 2 tablespoons vinegar
* 1 large onion, coarsely chopped
* 2 carrots, peeled and coarsely chopped
* 3 celery sticks, coarsely chopped
* 1 bunch fresh parsley

🡪By all means, use chicken feet if you can find them- they are full of gelatin. Farm-raised, free-range chickens give the best results. Battery-raised chickens will not produce stock that gels unless you include lots of chicken feet.

Cut chicken parts into several pieces. Place chicken or chicken pieces in a large stainless steel pot with water, vinegar, and all vegetables except parsley. Let stand 30 minutes to 1 hour. Bring to a boil, and remove scum that rises to the top. Reduce heat, cover and simmer for 6 to 24 hours. The longer you cook the stock, the richer and more flavorful it will be. About 10 minutes before finishing the stock, add parsley. This will impart additional mineral ions to the broth.

Remove whole chicken or chicken pieces with a slotted spoon. If you are using a whole chicken, let cool and remove chicken meat from the carcass. Reserve for other uses, such as chicken salads, enchiladas, sandwiches, or curries. (The skin and smaller bones, which will be very soft, may be given to your dog or cat.) Strain the stock into a large bowl and reserve in your refrigerator until the fat rises to the top and congeals. Skim off this fat and reserve the stock in covered containers in your refrigerator or freezer.

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**Good broth resurrects the dead.**

***South American Proverb***

🡪note:

Drinking a large mug of warm chicken broth is wonderful if you are fighting off a cold or flu; the broth has anti-bacterial and anti-viral properties.