

Bone Broth

Cooking time: 48 hrs.

3.75 - 4 lbs. grass fed beef bones
3 T. apple cider vinegar
½ T. sea salt
5 qts. filtered water

Place bones in an 8 qt. crock pot. Add vinegar, salt and water and turn on High. Make sure water completely covers bones and they stay covered throughout the whole cooking time. When broth is just starting to boil, turn down to Low. Cook for 48 hours, checking frequently to make sure broth stays just at or a little below the boiling point, around 200-225 degrees Fahrenheit. A few constant bubbles is ideal. It doesn't have to be perfect, but we've found the closer you get to the right boiling point and temperature the better it gels. For bone broth to gel properly, it has to get just hot enough, but not too hot. The Low setting on our crockpot is too hot, so we have found that it works to keep it on Low part of the time and on the Keep Warm setting part of the time. Usually we'll just have it on Keep Warm during the daytime and on Low at night.

When broth is done, remove bones and strain through a wire mesh strainer into a large stainless steel bowl or pan. Cool by placing bowl in a sink of cold water and stirring frequently until broth is not hot but still very warm. If it cools too long the fat will start to harden. We ladle it into small containers, stirring frequently to keep the fat evenly distributed. You can use what you strain out in soups or other things (after removing the bone remnants), but it has a strong flavor. It is supposed to be very good for you.

Broth is supposed to gel when cooled and have a hard layer of fat on top.