

LOUISE'S FAVORITE BONE BROTH

OR VEGETABLE BROTH

This recipe and process can be used for making any meat, poultry, or fish broth, or you can collect vegetables and just make veggie stock. If you make the meat and poultry broths with vegetables, you'll get a flavored broth. If you leave the vegetables out and focus only on bones, you'll have a neutral broth.

Heather: Louise is brilliant in the kitchen. She has a gift, both in the kitchen and in life, for making things simple and streamlined. We wanted to start this chapter with Louise's bone broth recipe and process because it makes broth and stock making easy. Even the experts have told us that once they learned Louise's process, they started doing it, too!

This recipe sets the tone for making bone broth or stock because it gives you an easy way to gather ingredients from kitchen scraps at your own pace; then when you're ready, making the broth is easy. It helps you practice zero waste beautifully, while saving scraps to make a nutrient-rich broth.

This broth can be sipped or used in recipes for more flavorful grains, soups, and more!

Gathering Ingredients (Go at Your Own Pace)

Open a large paper shopping bag and place it in one of your freezer drawers or shelves. If your freezer has limited space and is just one big bin, you may want to use zip-top plastic bags and label them with the contents (such as "broth veggies," "broth bones: unused," "broth bones: used 1 time," and so on).

Over the course of the week (or several weeks), throw all bones and meat scraps into the bag in your freezer. If you want to make neutral broths, you can start a separate bag for vegetable scraps, peelings, and the odds and ends that you chop off. Some examples are onion or garlic skins, carrot peelings, salad scraps, artichoke tips, the tough ends of asparagus, kale stems, and pea pods. You can also throw all the vegetable scraps and bones in one bag if you're planning to make a flavored broth.

Keep adding vegetable scraps, meat scraps, and bones to your bag in the freezer until it's full and you're ready to make your broth.

If you are ready to make broth and don't have enough meat and bones to get started, you can go to the health-food store or farmers' market and purchase the necks, feet, backs, and wings of a chicken. Other options for a gelatin-rich broth are lamb necks, pig's feet, beef feet, marrowbones, or beef bones. Add these to your bag until you're ready to make the broth.

Add 1 or 2 (3") pieces of seaweed, like wakame or digitata, for extra minerals.

Vegetable broth option: To make a veggie broth, eliminate the meat and bones and use only vegetable scraps.

Making the Broth or Stock

Put all of the contents from the bag in your freezer into a stainless-steel stockpot. Alternatively, you can use your slow cooker to make this even easier!

Pour enough water so that it just covers the top of your bones, meat, and vegetables. Add ¼ cup apple

cider vinegar. Let this sit for 60 minutes, to allow the apple cider vinegar to set in.

Add 2 tsp. sea salt and 10 black peppercorns. Add more if needed when the broth is finished and you taste it.

Turn your burner to high heat, put a lid on the pot, and bring the water to a boil (or set your slow cooker to high). As soon as it's boiling, turn the heat down to very low and allow the pot to simmer as follows (use the low setting on your slow cooker):

1 hour for vegetables only (veggie stock)

3 hours for meat stock

Up to 24 hours for bone broth

You may find that your water reduces a bit after many hours of simmering and bones are peeking out over the water. If this happens, you can add more water to cover the bones.

If you're using a slow cooker, always use the lid; if you're using a stockpot, use the lid once the water comes to a boil, but be sure to leave the lid slightly open so that air can escape. Some people like to leave the stockpot uncovered for the last hour of simmering.

When your broth has finished simmering, strain the liquid out of the pot with a fine mesh strainer, making sure to ladle the broth in jars or a large bowl.

You may now compost your vegetable scraps and save your bones for another use, if desired (see Chapter 2 for more on reusing bones). If you have any meaty bones and want to make pâté or add the meat to stews and soups, set them aside for future use.

Put the broth into the refrigerator. When it chills and you're ready to use it, remove the fat layer that will accumulate on the top (you can save this to use for cooking fat).

Start a new bag of bones and vegetable scraps in your freezer for your next batch of bone broth and repeat the steps. Your body will love you for continuing to nourish it in this manner!