

## **Bone Soup Basics**

By: Martha Benedict

3-10 lbs bones

1-tablespoon sea salt

1-tablespoon unpasturized vinegar

### **Optional:**

Parsley, Green onions, Thyme, Bay leaves, Oregano, Ginger

1 white or yellow onion, quartered, leave skins

1 carrot, Celery stalk tops, Celery root quartered

Use organic bones with skin and fat: I prefer organic chicken neck, backbone, ribs, and pork neck bones. Lamb neck bones are also acceptable. I find beef knuckle bones very indigestible comparatively. Perhaps I haven't mastered yet the art of preparing them well. I usually buy 3-10 pounds at a time depending upon whether I need something quick for that day or whether I'm cooking a large batch to prepare for freezing. For fish stock, I use fish heads and skeletons and simmer for one hour only as the bones are so fine.

Cover ingredients with pot full of water, bring to boil, skim off "scum", and reduce to medium simmer for 1-36 hours (I mean this and have done it every way.) If you cook for a long time, add water as necessary. You may prefer to cook the bones in a pressure cooker for an hour to reduce them considerably, but be careful of possible explosion. The one hour time yields the best lightest flavor. The longer the cook time, the more bone elemental nutrition you get (and it still tastes better than anything you can purchase).

After cooking, allow to cool. Strain all the ingredients and dispose. Refrigerate the liquid overnight. Skim off the slightly hardened fat and dispose (unless you are saving fats to make soap). Fill freezer containers or ziplock freezer baggies sized to accommodate your family needs. Ten pounds of bones makes about 8-10 quarts of stock.

### **Notes:**

I add one teaspoon to one tablespoon sea salt and unpasturized vinegar. I might add a head of greens such as parsley, green onions, thyme, bay leaves, oregano, slices of ginger root, one or two big white or yellow onions (quartered-leave the skins), a carrot or two, celery stalk tops, celery root (quartered). Any other ingredients you may desire for your personal preference are just as good.

I virtually do not cook with water in most meals if can substitute bone broth. It adds another rich dimension of flavor whether I'm poaching fish or making miso soup (I usually use fish broth here), slow-cooking beans and other soups in the slow cooker or on top of the stove, simmering veggies in a broth instead of steaming them, using liquid to reheat leftovers when a spoonful of liquid may be necessary.