

Beef Stock or "bone broth"

Thanks to Lee Wheeler of Diversity Farm for providing the recipe and cooking demonstration.

Ingredients:

Approximately 4 pounds of beef marrow and knuckle bones (impart flavor and nutrients)

1 calves foot cut into pieces (optional but imparts a lot of gelatin to the broth)

Approximately 3 pounds of meaty rib or neck bones (Impart flavor and color to liquid)

4 or more quarts of cold filtered water

1/2 cup vinegar

3 onions coarsely chopped

3 carrots coarsely chopped

3 celery sticks coarsely chopped

several sprigs of fresh thyme, tied together

1 teaspoon of dried green peppercorns, crushed (Lee of Diversity Farm uses black peppercorns)

1 bunch parsley

Place bones in large pot with the vinegar and cover with water. Let stand one hour. Place meaty bones in pan and roast in 350 degree oven until browned. Add to pot with the vegetables. Pour off fat and deglaze the pan with cold water (bring to boil and stir to remove drippings). Add this to the pot. Make sure the bones are covered but leave at least an inch of space from the rim of the pot. Bring to a boil. A large amount of "scum" will come to the top of the pot and this should be skimmed off with a spoon. Reduce heat and add thyme and peppercorns. Simmer for at least 12 hours and as long as 72 hours. The parsley is added in the last 10 minutes of cooking. Remove bones with a slotted spoon and strain the liquid into a bowl. Cool in the refrigerator and remove the congealed fat that rises to the top. The liquid should be somewhat gelatinous in nature. It can be placed in containers and stored in the freezer for future use.

The fat can be fed to birds in the winter!

This can also be done with lamb bones such as neck bones and riblets.

For a complete discussion of broth making and health benefits please refer to the book "Nourishing Traditions" by Sally Fallon



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