



CHEAT SHEET

Basic Bone Broth

Homemade broth made from the bones or shells of clean animals is a deeply nourishing staple that can be used as the base for endless varieties of soups and stews. It's quite easy to make and tastier and less expensive than the prepared broths you buy in the supermarket. Each time you find yourself with a poultry carcass, marrow bones or seafood shells, just make a quick broth to freeze. If you don't have enough for a full batch of broth, simply freeze the bones or shells in a freezer-safe Ziploc bag until you gather all you need.

TIP: For more flavorful broth, you can add a couple of carrots and celery stalks, preferably with the greens, and a whole sweet onion, unpeeled, all quartered, to the slow cooker before covering with water, but it's not necessary. It's best to make your broths without salt so you have the option of sodium-free broths for cooking things like grains or beans.

Ingredients:

- For chicken stock: carcass (including any leftover skin and cartilage and all bones) of 1 or 2 chickens
- For beef stock: 4 to 6 meaty, marrow-filled beef bones (about 3 pounds)
- For seafood stock: heads, tails and bones from 4 small fish or 8 fish heads (or substitute shells from 1-2 pounds shrimp or lobster for 1-2 of the fish)

Cooking Technique:

Step 1: Place one set of bones (chicken, beef or seafood) into a 6-7-quart slow cooker.

Cover completely with cold water to about 2-inches from the top of the slow cooker insert. Add 2 tablespoons of apple cider or red wine vinegar (to help the bones release their collagen).

Step 2: Cook at least 8 hours to overnight on low.

Step 3: The next morning, strain out all solids and discard.

Step 4: Cool the stock in the refrigerator, skim off the top layer of congealed fat or foam and use immediately or freeze in 4-cup portions in gallon-sized zip-closure freezer bags labeled with the date.

Helping You Make Tastier, Healthier Food in Less Time

