



Making and Preserving Bone Broth



Bone broth is made from animal bones and connective tissue — typically beef, chicken, or fish — that have been **boiled into a broth and slow simmered for 10 to more than 20 hours with herbs, vegetables, and spices**. Bone broth is essentially a very rich stock which is defined by how thick it is due to its gelatin content resulting from the very long cooking time. According to the USDA Food Composition Database for Standard Reference, bone broth is a source of protein containing essential **amino acids, vitamins** and **minerals**.

Making your own bone broth at home can be quite simple. It starts with soup bones purchased from your local butcher, or by using bones leftover from a roast, or a whole chicken or turkey. Cover the bones by a few inches with water in a large stock pot, add aromatic vegetables if you like and bring to a boil. Alternatively, you can roast some or all the bones and vegetables in a hot oven until brown. This added step provides for deeper color and richer flavor. Simmer for several hours skimming the fat from the top of the liquid every 20 minutes or so. You can minimize your time commitment by using a slow cooker or pressure cooker to make your bone broth. Simmering on the stove table allows you to observe the process and skim off the fat more regularly. Once the broth is done and fat removed, strain it through a fine mesh sieve to yield a lovely clear rich stock. Bone broth can be used at once as a hot beverage or base for soups, frozen in portions for later use, or it can be pressure canned to be made shelf stable.

If you're curious and want to learn more, including how to make your own, please join us for our *Bone Broth and Beyond* class on January 26th from 10am-12pm at the UCCE Auditorium. Register at: <http://ucanr.edu/bonebroth>

Love preserving your own food? Want to learn more about food preservation? The UC Master Food Preserver Program is taking sign-ups for an upcoming volunteer training to be held in Los Alamos beginning in March. Contact our local office for more information at (805)781-5944.

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