**SOUP STOCKS AND BONE BROTHS**

*“A good broth resurrects the dead.”* South American Proverb

Soup stocks and bone broths are an important source of glycine and bone building nutrients and minerals. It has a strengthening and healing effect on the gut, nervous system and immune system. Stock makes a great base for sauces, gravies and risottos. It can be reduced to a demi glace and used as a flavourful addition to other dishes Broths are a cornerstone of a healing diet.

INGREDIENTS FOR BEEF, LAMB or VENISON STOCK

3-5 pounds of bones from ***pastured*** beef, lamb or venison, roasted in a hot oven till nicely browned. Include marrow bones, knuckle bones, meaty rib and neck bones. My favourite additions to the stock (adapted from The Cook and The Gardener) are as follows: a few onions cut in half with skins on, a few cloves, 2 carrots, 2 bay leaves, celery, a sprig of sage, a branch of rosemary, a small bouquet of thyme, 5 black peppercorns, a head of garlic cut in half to expose the cloves, a handful of parsley, a few tomatoes preserved from summer or 2-3 tsp tomato paste. If not using the tomato, add some apple cider vinegar, red or white wine to help acidify the broth and draw out more minerals.

INGREDIENTS FOR CHICKEN STOCK

Use leftover chicken bones from roasting a chicken; a few pounds of bony chicken parts such as necks, backs, breastbones and wings; or use a whole free-range chicken, stewing hen or soup chicken. Roasting is optional. My favourite additions for chicken stock are onion, carrot, parsley, celery, 5 peppercorns, 2 cloves, a head of garlic cut in half, 2 bay leaves, a small bouquet of thyme, a splash of white wine or 2 teaspoons lemon juice.

Place all the ingredients in a stockpot with enough purified water to generously cover the bones. Bring to a gentle simmer. Remove the scum as it forms on the top. Do not cover. Simmer on a very low flame for 3-6 hours. Remove from heat, strain and cool. The fat will rise to the top, remove this congealed fat before using. It may be used for cooking if the animal is from an organic/pastured source. The stock can be used as a base for any soup or sauce. Season to taste with salt before using. Pull the meat off the bones and reserve the meat for other uses such as adding it to a soup or stew, a chicken salad or curry etc. The remaining bones may now be cooked again in water, this time for 8-12 hours, with the addition of some sort of vinegar, wine or other acid to help draw out more minerals. Include a fresh batch of the herbs and seasonings to make broth rich and flavourful.

FISH BROTH RECIPE

3-4 whole carcasses, including heads, of non-oily fish: sole, turbot, rockfish, snapper

2 TBSP butter, 2 onions, 1 carrot, fresh thyme, parsley, bay leaf, ½ cup dry white wine or vermouth, ¼ cup vinegar, 3 quarts filtered water.

Sauté chopped vegetables in butter till soft, add wine, bring to boil, add fish carcasses and cover with cold water. Add vinegar. Bring to a boil and skim off the scum and impurities as they rise to the top. Add herbs. Reduce heat, cover, and simmer for 4-24 hours. Remove carcasses, strain the liquid. Chill well in the refrigerator and remove any congealed fat before transferring to the freezer, or using in recipe.

These recipes are adapted from Nourishing Traditions by Sally Fallon and The Cook and The Gardener by Amanda Hesser