

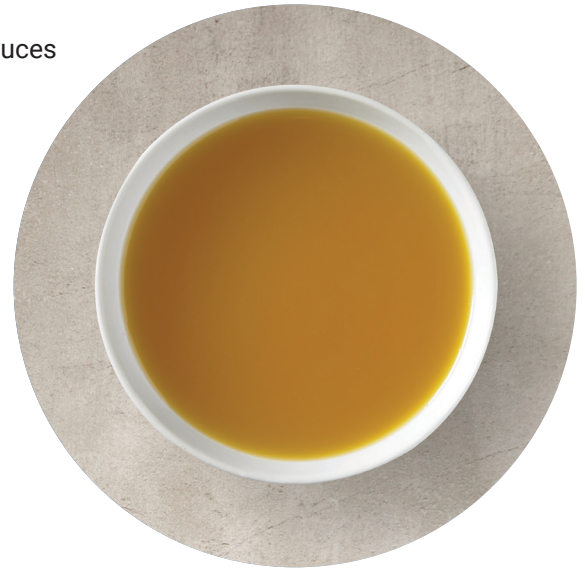
Bone Broth Recipe

Bone broth soothes hunger pangs and provides salt and other electrolytes, making fasting much easier.

Here's one of our favourite recipes. An electric pressure cooker reduces cooking times and simplifies the process considerably.

Ingredients

- 2-3 lbs of bones
- 1 onion, coarsely chopped
- 2 carrots, coarsely chopped
- 2 stocks of celery, coarsely chopped
- 2 tbsp of raw, unfiltered apple cider vinegar
- 1 tbsp of salt
- 1 tsp of whole peppercorns
- Other herbs and spices



Directions

1. (Optional) Roasting the bones in the oven on a roasting pan at 350°F/177°C for 30 minutes gives it a nice flavour.
2. Place the bones into a stockpot and pour cool water to cover. Add raw, unfiltered apple cider vinegar, and let sit for 30 minutes to help release the nutrients.
3. Add the vegetables and dried herbs.
4. Bring to a vigorous boil, then reduce to a simmer.
5. Periodically remove any impurities that rise to the surface.
6. When 30 minutes are remaining, add any fresh garlic or herbs.
7. Remove from heat and let cool for 5 minutes, then strain.

Simmering times:

Chicken/Poultry 8 to 24 hours Cattle/Bison 12 to 24 hours Fish 8 hours

If possible, use high-quality bones such as grass-fed cattle or bison, pasteurized poultry or wild fish available from most local butcher shops or farmers. Bones from chicken, duck, turkey, or goose can be saved from leftovers and frozen.

You want your bone broth to be as jiggly as possible! It should have the consistency of jell-o when cooled, and will liquefy when reheated. If not, try adding less water or cooking longer. Broth can be stored in the refrigerator for up to five days and in the freezer for up to six months.