



May this live in your kitchen as you honor **Food as Medicine** – Many Broths & 1 Cauldron

Making Your Own Stocks & Broths – Why?

Rich source of absorbable minerals - Absorbable, meaning the minerals in broth are accessible for the body to use. The broth is a source of calcium, magnesium, phosphorus and other trace minerals, and amino acids in an easy to absorb form. 65% of the mineral mass of bone is made of calcium & phosphorus, which are also the two principal minerals that compose our teeth.

Rich in nutrients for joints, cartilage, tendons, & gut healing - Broth contains the building blocks glucosamine, chondroitin, and other glycosaminoglycans...so essential for gut healing, and necessary for joints, cartilage, tendons, and skin.

Rich in nutrients for fingernails & hair - The gelatin in broth, along with supporting the connective tissues in your body, helps fingernails and hair to grow strong.

Helps muscle and connective tissue stay resilient and toned - It's time to add broth/stock to your beauty regimen! The smoothness of skin comes from plenty of connective tissue, which broth/stock are great for building.

Delicious - Broth/stock provides a luxurious base for soups, sauces, gravies and can be used for cooking grains and vegetables.

Inexpensive cost effective meal prep - Especially when compared to its nutritive value.

Traditional ancestral food - Nearly every traditional culture boiled bones of meat animals to make a nourishing broth. Your grandmothers did this!

The original reduce, reuse, & recycle process - Bone broth is not wasteful, it uses almost every part of the animal.

Stimulates digestion - Enjoying some sips of broth/stock before your meals will naturally stimulate your body to secrete the gastric juices that are so necessary for healthy digestion.

Important in TCM - According to Chinese medicine, bone broth nourishes our kidneys, builds blood (bone marrow is where the red & white blood cells are manufactured) and supports our vital essence (chi), and supports our bones and teeth.

Supports adrenal health - Broth/stock contains nutrients that promote the adrenals, which in turn has a cascade effect on hormone functions vital to our immune system and overall health.

Contains important fats - Minerals & fat need to be a package deal, as minerals require the presence of fat to be absorbed properly. Broth provides the fat that is necessary, all in one package.

Ideal for convalescing - Broth/stock is the perfect, gentle food for those recovering from an illness, or suffering from diarrhea.

Stimulates human growth hormone - Especially beef bone broth. Alongside a nutrient dense diet, it can nourish the malnourished, and help grows healthy bodies.

Making Your Own Stocks & Broths – What's the difference between them?

Meat Stock

- **Cooking time:** short, generally simmered for periods of 1 – 4 hours
- **Includes:** always includes meat and meaty bones.
- **Convenience:** a short way to cook your meat and have healing stock.
- **Histamine & glutamates levels:** has less histamine & glutamine/glutamic acid than bone broth.
- **Amino acids:** 2-4x fewer amino acids than bone broth.
- **Primary healing components:** gelatin, amino acids, absorbable minerals, healing fats, & building blocks like glucosamine, chondroitin, and other glycosaminoglycans.



Bone Broth

- **Cooking time:** long, generally cooked for periods of 4 – 48 hours (depending on meat used).
- **Includes:** bones, and may or may not incorporate meat.
- **Convenience:** can “set & forget” and go about your day.
- **Histamine & glutamates levels:** has more histamine & glutamine/glutamic acid than meat stock (cooking broth at a very slow simmer will minimize the formation of free glutamates).
- **Amino acids:** amino acid levels that are 2 – 4x higher than meat stock (see below).
- **Primary healing components:** gelatin, amino acids, absorbable minerals, healing fats, & building blocks like glucosamine, chondroitin, and other glycosaminoglycans.

When To Use Meat Stock

- Beneficial for people with autism/ADHD who can't tolerate high levels of glutamates
- Also for folks with neurological issues like MS, epilepsy, Tourettes, tics, histamine intolerance, sensitive to MSG

When To Use Bone Broth

- After uncomfortable “die-off” symptoms are gone after an acute or chronic flare-up of conditions, cold, flu or debilitating condition. Bone broth, being more therapeutic, can exacerbate die-off so with active symptoms, stocks are better. Once through broths are better for recovery time.
- To speed your healing, when you are ready. It has 2-4x the amino acids, which have different nutritive properties of their own
- Bone broth is a better source of minerals.

(Not a complete list here but you get the idea for system rebuilding and addressing individual needs)

4 STOCKS/BROTHS – VEGETABLE/MUSHROOM, POULTRY, MEAT, FISH

Poultry Meat Stock / Broth Recipe:

INGREDIENTS

- 1 whole bird (optional: feet, neck & heads) – chicken, pheasant, or duck whole or turkey or goose part or whole
- 4 quarts of water or more to cover bones
- 2 medium onions rough chopped skin on



- 2 cloves garlic rough chopped skin on
- 3 carrots unpeeled tops included + 3 celery stalks, rough chopped
- 1 teaspoon sea salt + 1/2 teaspoons ground pepper
- 1-2 tablespoons each of sage, rosemary, thyme & 2-3 bay leaf
- OPTIONAL FLAVOR ADDITIONS FOR STOCK: burdock root, astragalus root, turmeric, ginger, lemongrass, jalapeno or chilies, lemon juice, mushrooms, tomato paste

METHOD

- Place all ingredients in an 8 quart, or larger, stockpot.
- Bring to a gentle boil and simmer for 1-4 hours for stock OR 4-48 hours for broth with the addition of 1-2 tablespoons of apple cider vinegar.
- Skim any foam that rises to the surface, and discard.
- Remove meat from the carcass, for eating at 45 min-1 hour and put bones back in.
- Strain meat stock/broth for eating in soups and beverages. NOTE: Once cooled you can skim some fat off, but not all, and use other dishes if too fatty for you.

Beef, Lamb or Pork Meat Stock

/ Broth Recipe:

INGREDIENTS

- 4 – 5 lbs beef, lamb or pork marrow bones
- 3 lbs meaty bones (can be ribs, chops, bone-in roast, neck)
- 4 – 6 quarts water
- 2 medium onions chopped skin on
- 2 cloves garlic rough chopped skin on
- 3 carrots unpeeled tops included + 3 celery stalks, rough chopped
- 2 teaspoons sea salt
- 1/2 teaspoon pepper
- 1-2 tablespoons each of sage, rosemary, thyme & 2-3 bay leaf
- OPTIONAL FLAVOR ADDITIONS FOR STOCK: burdock root, astragalus root, turmeric, ginger, lemongrass, jalapeno or chilies, lemon juice, mushrooms, tomato paste



METHOD:

1. Place all ingredients in an 8 quart, or larger, stockpot.
2. Bring to a gentle boil and simmer for 1-4 hours for stock OR 4-48 hours for broth with the addition of 1-2 tablespoons of apple cider vinegar.
3. Skim any foam that rises to the surface, and discard.
4. Remove meat from the carcass, for eating around 1 hour in.
5. Strain meat stock/broth for eating in soups and beverages.

Fish Meat Stock / Broth Recipe:

INGREDIENTS

- 2 medium whole non-oily fish (like cod, haddock, sole, halibut, flounder, or tuna)
- 4 quarts pure water
- 1 onion, rough chopped skin on
- 3 carrots unpeeled tops included + 3 celery stalks, rough chopped
- 1 leek, cleaned and roughly chopped including green tops
- 1-2 tablespoons each of sage, rosemary, thyme + 2-3 bay leaves
- 1 small bunch parsley
- 1 teaspoon sea salt + 1/2 teaspoon black pepper

METHOD

1. Rinse fish in clean water.
2. Remove most-but-not-all of the fish meat from the bones first. Fish meat cooks very fast & loses delicate essential fatty acids if overcooked.
3. Put remainder of ingredients in 8+ quart stockpot with fish bones, tail, fin
4. Bring to a gentle boil and simmer for 1-4 hours for stock OR 4-48 hours for broth with the addition of 1-2 tablespoons of apple cider vinegar.
5. Skim any foam that rises to the surface, and discard.
6. Return fish meat to cook for the last few minutes, cook a bit and strain for eating in soups or beverages.

Vegetable & Mushroom Stock / Broth Recipe

INGREDIENTS:

- 1 medium yellow onion chopped with skin is fine
- 4 cloves garlic
- 3 medium celery ribs (chopped into 2-inch pieces)
- 2 carrots chopped chunky
- 1 tablespoon extra virgin olive oil
- 8 slices dried reishi mushroom
- 20 shiitake mushrooms – dried or fresh will do
- ½-1oz. dried porcini mushroom
- 3 slices dried astragalus root – or 2 TB dried cut/sifted
- 2 tablespoons dulse flakes
- 1 cup white wine (optional) or 1-2 TB apple cider vinegar
- 4 quarts water
- 10 medium sage leaves



- 4 – 6 quarts pure water
- Salt – check when done as sea weed has salt
- ½ teaspoon cracked pepper
- Fresh springs of rosemary, thyme & 2-3 bay leaf (optional)
- OPTIONAL FLAVOR ADDITIONS FOR STOCK: burdock root, turmeric, ginger, lemongrass, jalapeno or chilies, lemon juice, mushrooms, tomato paste

METHOD:

1. Place all ingredients in an 8 quart, or larger, stockpot.
2. Bring to a gentle boil and simmer for 1-4 hours for stock OR 4-48 hours for broth with the addition of 1-2 tablespoons of apple cider vinegar.
3. Skim any foam that rises to the surface, and discard.
4. Remove meat from the carcass, for eating around 1 hour in.
5. Strain stock/broth for eating in soups and beverages.

SOME OTHER TIPS:

Saute or roast your bones, meat, or veggies before you simmer, or use all your roasted bones for this deepens the flavor.

Make large bi-weekly or monthly batches and freeze by the quart in repurposed yogurt containers.

Store a container in your freeze to catch all the veggie scraps from general cooking. Then you have plenty for stock/broth making when the time comes.

Offer strained bones and veggies to Nature – We have a “feeding station” at the edge of the property where we leave all food scraps for the wild ones to pick through and get a good easy meal. Pray for them. Life is challenging for the wild animals as well.

NEW RECIPE: Deeply Warming Blood Moving ANTI-VIRAL SUPPORT

VEG (or Chicken) BROTH WITH ANGELICA ROOT, CLOVE, STAR ANISE AND CINNAMON

INGREDIENTS

- 1 small fryer chicken – can use mushrooms or more veggies to keep it veg/vegan
- Water to cover bird with veggies
- 1 onion, rough chopped skin on
- 3 carrots unpeeled tops included + 3 celery stalks, rough chopped
- 1 leek, cleaned and roughly chopped including green tops
- 2 cloves rough chopped garlic
- 1 TB angelica root dried
- 4 star anise dried
- 1 cinnamon stick + 5 dried whole cloves
- 2-3 bay leaves
- 2 inch piece of ginger root
- 1 teaspoon sea salt + 1/2 teaspoon black pepper – can adjust at end with s/p or tamari/soy sauce
- 1 TB apple cider vinegar
- Sprigs of Thyme or Rosemary + fresh lime juice for serving



METHOD

Put ALL of the ingredients in a 10+ quart stockpot and bring to the slowest barely-a-simmer with lid on.

Simmer slow for 1 hour. If making a strict veg pot then just simmer slow for 2 hours lid on.

Remove chicken to a pan you can work in – cool a little and remove all meat. Return all bones / carcass to the pot, add 1 TB apple cider vinegar and cook for 1 more hour.

Skim any foam that rises to the surface, and discard during the cooking process.

Cool a bit, strain, adjust salt and pepper to you liking. Serve HOT with fresh Thyme or Rosemary sprigs and a squeeze of lime. Sip freely during convalescing with any illness with or without fever.

NOTE: Yes, in this pic I tossed a lemon wedge in there too. Feel free.

PERSONAL NOTES & RECIPES