

BEEF BROTH (with Lamb & Venison Variations)

Beef Broth is extremely nutritious, containing minerals of bone, cartilage, marrow and vegetables as electrolytes – all in an easily-assimilated form. Wine or vinegar added during the cooking supplies the acid needed to draw minerals, particularly calcium, magnesium and potassium into the broth. Gelatin, made from beef broth, is an aid to digestion and has been used to successfully treat many intestinal disorders as well as many chronic disorders (including anemia, diabetes and cancer).

About 6 pounds of beef marrow and knuckle bones
5 pounds meaty rib or neck bones
4 or more quarts cold, filtered water
¼ cup vinegar
3 onions, coarsely chopped
3 carrots, coarsely chopped
3 stalks celery, coarsely chopped
several sprigs of fresh thyme, tied together
1 teaspoon dried green peppercorns, crushed
1 bunch parsley

Place the bones in a very large pot and cover with water. Let stand for 1 hour. Meanwhile, place the meaty bones on a roasting pan and brown at 350° in the oven. When well-browned, add to the pot with the vinegar and the vegetables. Pour fat out of roasting pan, add cold water, set over a high flame and bring to a boil, stirring with a wooden spoon to deglaze. Add this liquid to the pot. Add additional water, if necessary, to cover the bones, but the liquid should come no higher than within one inch of the rim of the pot, as the volume expands slightly during cooking. Bring to a boil. A large amount of "scum" will come to the top and it is important to remove this with a spoon. After you have skimmed, reduce heat and add the thyme and crushed peppercorns.

Simmer stock for at least 12 hours and as long as 72 hours. Just before finishing add the parsley. Let it wilt and remove stock from heat. Although this stuff does not look good, or even smell particularly wonderful, the broth that you will have created – after you strain it! – will taste delicious and will be extremely nourishing. Strain the stock into a large bowl. Let it cool in the refrigerator and remove the congealed fat that rises to the top. Reheat and transfer to storage containers.

(Variations: Lamb Stock – use lamb bones, especially neck bones; Venison Stock – use meat and bones, plus, if possible, a piece of the antler and part of the feet of the deer.)