

How to Make a Mineral Broth (aka Bone Broth)

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There are several reasons for making a mineral broth, also known as a bone broth. First of all, bone broths are a classic folk remedy when sick (aka "chicken soup"). Second, they can be used as a bone-building regime. Finally, bone broths are frequently used as a stock for seasoning dishes such as rice or casseroles, stews, soups and sauces.

In recent research regarding broths, they found that a two-stage broth is ideal.

The first stage, which is the first two days of simmering, is ideal for a healing broth. It contains components of the marrow which stimulates immune function, as well as the minerals, fats and proteins needed to nourish the body during healing. When you have an illness, much of the body's energy is devoted to immune function. If you eat, that energy is re-directed to digestion instead, slowing immune function. Ideally, when sick, you shouldn't eat, so as to not detract from immune function. But supplying essential nutrients to assist the immune system is desired. Broths satisfy both of these requirements -- the nutrients needed for immune function, but no digestive burden. Mineral broths are commonly used for the treatment of a cold, flu and other disorders such as digestive, joint, lung, skin, blood and muscle problems (such as leg cramps). It is a valuable food remedy for many ailments.

The second stage, which is the third and fourth day of simmering, is best for bone-building. The simmered bones have softened enough over the first 2 days of simmering that more calcium and other minerals are extracted, providing a mineral-rich broth. The fats in the broth are a necessary part (do not skim it off) as fats are needed to pull calcium into the bones. Broths provide a readily available form of calcium, other minerals and co-factors that help to rebuild bones in the case of osteoporosis or fracture, as well as for building teeth.


Directions: After cooking (and consuming) a whole chicken or turkey, or after cooking beef, pork, elk, deer, etc., pull all the remaining meat off the bones, and use the meat for other meals.

Stage 1:

1. Take the carcass (bones), place in a large pot and cover with water, then a lid.
2. Simmer for 2 days continuously. (Note: simmer, do not boil!).
3. After 2 days of simmering, cool the broth until you can comfortably touch it, but is not too hot for the baggie. Don't let it cool too much or the fat will solidify (we need the fat in the broth).
4. The liquid is called a broth or stock. For large bones, when cool enough, push the marrow out of the center of the bones, and mix well with the liquid.
5. Strain the bones and big pieces out of the liquid and pour liquid into quart-sized zip lock baggies**. Pouring 3 cups per bag allows you to freeze it flat for easy storage, and is the perfect amount for sick times.



Stage 2:

6. Return the bones to the pan.
7. Next, using a potato masher,  crush the bones left in the pan (you may not be able to do this to larger bones, such as elk. But check the next day to see if they're soft enough to crush).

8. Cover the bones with water again, add apple cider vinegar (2 Tbs per quart) and simmer again for another 2 days.
9. After 2 days, remove from heat, strain, and let it cool enough to put into zip lock baggies as above.**

****Options:**

- After day 2, refrigerate the first broth in a jar or covered container instead of a zip lock baggie. When the second batch is done, while still warm, mix the two batches together before filling the zip lock baggies and freezing. This will give you both immune support and bone-building together as a wonderful daily routine.
- Every time you eat a meat product, save the bones in a gallon zip lock bag and put into freezer. When the bag is 2/3 full, it's time to make more broth!
- If you include the joints and other cartilaginous parts, it is also beneficial for joints. Consume 1 cup per day.
- You may add chopped vegetables of any sort the last day of simmering for additional flavor and nutrients.

How to use Mineral Broth or Stock:

- The first 2 days broth (Stage 1) is perfect for illness. When sick, you need vital nutrients such as minerals (especially calcium), fats, and protein. Drinking 3 or more cups of mineral broth gives your body those vital nutrients without the digestive burden. You may salt it to taste. This needs to be made ahead of time, and frozen, so it can be consumed when you're sick, and not have to wait for 2 days to make it.
- The second stage broth (days 3 & 4) contains a greater saturation of minerals. After the first 2 days of simmering, the water is too saturated with the other nutrients to absorb more. The second 2 days really gets at the minerals, for a denser mineral broth. For rebuilding bones and teeth, salt to taste and drink 1-2 cups per day for a minimum of 1 year. Either poultry or other meats work well for this.
- For stock you can use either Stage 1 or 2 broth, or both. Add veggies and meat for a delicious soup stock. Can also use it for gravies, to moisten leftover casseroles before re-heating, or a simple relaxing drink at the end of the day.

*If you are uncomfortable keeping your stove going for 2-4 days, use a crock pot. (A word of warning: place a heat barrier between the crockpot and countertop to keep the continuous heat from destroying your countertop!).