

GREAT
BROTH
IS IN OUR
BONES



BROTH SHOP

GENUINELY GOOD BONE BROTHS

Basic Bone Broth

2-3 pounds chicken, turkey, pork, beef, lamb, or other bones
1 tablespoon apple cider vinegar
4 cups roughly chopped carrots, onions, and celery (or scraps)
2 bay leaves
1/2 teaspoon peppercorns
Filtered water

1. Preheat oven to 425 degrees and layer bones on baking sheet. Bake for 25-30 until bones are golden brown.
2. In a large pot or dutch oven, place bones, chopped carrots, celery, onion, bay leaf apple cider vinegar and peppercorn. Fill with water covering everything about 1 inch above bones.
3. Bring to a boil and boil for 2-5 minutes and turn down stove as low as it goes. Cover with lid leaving a small opening. Let simmer 12-24 hours for poultry bones. Beef bones simmer from 16-30 hours
4. Strain out ingredients. Enjoy or refrigerate.

**GREAT
BROTH
IS IN OUR
BONES**



BROTH SHOP

GENUINELY GOOD BONE BROTHS

Broth Variations

Lemongrass Turmeric

Follow basic bone broth recipe.

Smash one lemongrass stalk with a meat tenderizer or backside of knife to release the essential oils. Remove tough outer layers and add to pot with 2-3 peeled garlic cloves, dried turmeric to taste and a dash onion powder. Bring to a boil for 2 minutes and bring down temperature to low and simmer for 5-10 minutes. Strain and cool down, or use in recipe.

Beef and Porcini Mushroom

Follow basic bone broth recipe.

Place stock, one pound cleaned and sliced porcini mushrooms, 2-3 peeled garlic cloves, 3-4 inches ginger root, onion powder, and distilled vinegar in a large sauce pot. Bring to a boil and boil for 2 minutes, turn down temperature to low and simmer for 8-10 minutes. Strain and reserve or use in recipe.

Mushroom and Vegetable Broth

- 1-2 pounds mushrooms (variety of porcini, Portobello, button)
- 4 cups roughly chopped carrots, onions, and celery (or scraps)
- 2 bay leaves
- 1/2 teaspoon peppercorns
- water

Preheat oven to 350 degrees. Rinse, clean and slice mushrooms then roast for 10 minutes. Place all items in a large stock pot, fill with water covering everything about 1 inch.

Bring to boil for 5-10 minutes. Bring stove down as low as it gets and simmer for 2-3 hours. Strain and reserve or use in recipe

GREAT
BROTH
IS IN OUR
BONES



BROTH SHOP

GENUINELY GOOD BONE BROTHS