



The Whole30 on Bone Broth

Next time you're cooking, one simple ingredient can transform your masterpiece into a powerhouse of flavor and nutrition: *bone broth*. Our list of frequently asked questions can help demystify the value of bone broth in your kitchen and your diet.

What kind of benefits does bone broth offer?

Bone broth provides a healthy dose of nutrients, making it worth keeping on hand.

- *Vital minerals like calcium, phosphorus, selenium, magnesium, zinc and potassium, in forms your body can easily absorb*
- *Essential amino acids glycine and proline, not found in significant amounts in the meat we consume*
- *Chondroitin sulphates and glucosamine, the compounds sold as supplements to reduce inflammation, arthritis and joint pain*
- *Collagen to strengthen joints, skin and connective tissue throughout the body*

How can bone broth strengthen the body?

Proline and glycine in bone broth are important for a healthy gut and digestion, muscle repair and growth, a balanced nervous system, and strong immune system. In fact, a University of Nebraska Medical Center study found that the amino acids found in chicken broth reduced inflammation in the respiratory system and improved digestion. (There's a reason your mom made chicken soup when you were sick.)

The gelatin in bone broth can help heal a leaky gut, which may be of specific benefit to those with inflammatory or autoimmune disorders. These compounds also reduce joint pain, reduce inflammation, prevent bone loss, and build healthy skin, hair and nails.

Is bone broth only for cooking?

While bone broth can be used as a substitute for regular broth or stock, you also can drink bone broth on its own. To support gut health, try drinking a warm cup of bone broth in the morning. To strengthen the immune system and detoxify the body, drink bone broth in the evening.

Can't I just use broth or stock from the grocery store?

Bone broth is different than traditional broth. Broth (sometimes labeled "stock") from the grocery store relies on high heat and fast-cooking techniques to create a watered down liquid, so you're missing out on the benefits of a gelatin-rich broth. Plus, you're getting undesirable additives like MSG and artificial flavors. If you just need a small amount for a recipe, store-

Continued on next page

Eat Healthy. Be Happy.

864.578.0446 ■ 3769 Parris Bridge Road, Boiling Springs, SC 29316 ■ BelueFarms.com



bought broth will do. But, if you're interested in the healing properties of bone broth, you need to buy it from a reliable source or make it yourself.

Where can I buy bone broth?

Belue Farms Natural Market sells a variety of bone broths already made. However, we also sell bones for making your own bone broth.

How do I make my own bone broth?

There are many recipes online. Just search for "bone broth recipe" until you find one that looks good to you. However, we like the Master Recipe for Bone Broth found on page 274 of the Whole30 book, *It Starts With Food*, written by Melissa Joulwan.

4 qts. water
1 tsp. salt
2 tbsp. apple cider vinegar
2 large onions, unpeeled and coarsely chopped
2 carrots, scrubbed and coarsely chopped
3 celery stalks, coarsely chopped
1 bunch fresh parsley, coarsely chopped
2-3 garlic cloves, lightly smashed
2-4 lbs. meat or poultry bones*

Place all ingredients in a large slow cooker set on high. Bring to a boil, then reduce the setting to low for 12-24 hours. The longer it cooks, the better it tastes! Strain the stock through a fine mesh strainer or coffee filter into a large bowl, and discard the waste. (NOTE: If you don't have a slow-cooker you can still reproduce this recipe on a stovetop using a large pot on low heat.)

What kind of bones should I use?

You can use bones from just about any animal—beef, veal, lamb, bison or buffalo, venison, chicken, duck, goose, turkey or pork. For example, you can save bones after you prepare a whole chicken, turkey beef ribs, pork or lamb chops. Bones can be frozen until ready for use.

Ideally you want a variety of bones including marrow bones, oxtail and "soup bones." Aim to include larger bones or even feet (such as chicken feet), which contain more collagen. You can even mix and match bones in the same batch of broth—some beef, some lamb, some chicken—but know this will change the flavor. (Most people prefer one animal source for a single batch of broth.)

Continued on next page

Eat Healthy. Be Happy.

864.578.0446 ■ 3769 Parris Bridge Road, Boiling Springs, SC 29316 ■ BelueFarms.com



Should I buy grass-fed, pastured bones and/or organic bones?

Absolutely. Animals used for bone broth should be as healthy as possible to infuse the maximum benefits into the bone broth. Factory-farmed animals are rarely healthy or humanely treated, so look for pastured meats and 100% grass-fed beef bones from a local source if possible.

Should I roast my bones first?

Roasting will impart a richer flavor and color to your broth, but you can avoid this extra step if you choose. If you do roast the bones first, place them in a pan in an oven set to 350°F, and roast for one hour before continuing with your favorite broth recipe.

Why do I need to add vinegar to the broth?

Adding an acid (like vinegar or lemon juice) will help extract minerals from the bones. Use a mild-flavored vinegar, such as apple cider or rice wine. White vinegar may taste too harsh for a mellow broth.

Do I skim the fat off bone broth?

You can drink bone broth as-is, but if you prefer a broth with less fat (especially if drinking it), follow these instructions.

1. After cooking your broth, remove it from the heat and pour it through a strainer.
2. Place the broth in the refrigerator for several hours, until the fat rises to the top and hardens.
3. Scrape off the fat with a spoon and discard.

What can I add to my bone broth to add more flavor?

Virtually any herb and many seasonings or vegetables can add flavor to your bone broth. Here are some of the traditional items used, but feel free to create your own recipe!

- *Bay leaves*
- *Carrots*
- *Celery*
- *Fruit peels*
- *Ginger*
- *Leeks*
- *Onions*
- *Parsley*
- *Pepper*
- *Red pepper flakes*
- *Rosemary*
- *Sage*
- *Salt*
- *Scallions*
- *Thyme*
- *Whole peppercorns*

Continued on next page

Eat Healthy. Be Happy.



However, it's best to avoid adding broccoli, turnip peels, cabbage, Brussels sprouts, green peppers, collard greens or mustard greens, as these will make the broth bitter.

Why does bone broth jiggle?

The jiggle comes from the gelatin naturally in bones, and when cool, the broth becomes more solid. To restore it to a liquid state, just heat it gently on the stovetop. If your broth doesn't jiggle or gel, this could be due to:

- *Not using enough bones or bones with visible cartilage*
- *Adding too much water to the broth*
- *Not cooking the broth long enough (at least 8 hours for poultry bones and 12 for beef)*

A good rule of thumb is the larger the bones, the longer you'll need to cook the broth.

What's the longest you can leave bone broth to cook?

Poultry bones can cook for 24 hours. Beef bones can cook for up to 48 hours.

Can you reuse bones for another broth?

Yes! You can reuse bones for multiple batches of broth until the bones become soft. However, the herbs, vegetables and seasonings used for each batch should be fresh.

How long will bone broth keep in the refrigerator and freezer?

Refrigerate bone broth no longer than 3 to 4 days. Bone broth can be kept in the freezer up to a year.

How should I store frozen bone broth?

For adding small amounts of broth to recipes, freeze some of it in an ice cube tray. Then place the frozen cubes in a freezer bag or container. One cube is about an ounce so a ¼ cup of broth would require 2 cubes. A cup of broth would equal 8 cubes. You can also store large amounts of broth in glass mason jars, but be sure to let the broth cool before transferring it to glass. Also, leave space in the container for the broth to expand. Otherwise, the glass can break.

Eat Healthy. Be Happy.

864.578.0446 ▪ 3769 Parris Bridge Road, Boiling Springs, SC 29316 ▪ BelueFarms.com