

MAKE, PRESERVE + COOK
WITH BONE BROTH



bone broth



Hello.
I'm Bec

I am the urban hillbilly
behind Growing Home.

For almost 10 years I
have been growing my
own food, raising
chickens and bees,
cooking from the
garden, and
preserving the
harvest.

I love cooking healthy,
delicious food from
scratch, so I'm sharing
how I make bone
broth!







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WHY MAKE BONE BROTH?

I love a hot bowl of delicious soup, full of flavour and warmth. I love serving a creamy, delicious risotto to my family, which the kids eat up and ask for seconds. I am also fond of casseroles and slow cooked dishes, with an amazing sauce. Heaven is a roast dinner with a rich gravy poured over top.

This is comfort food at it's best. But it's also a chance to nourish yourself and your family. I make these meals with home made bone broth. A healthy foundation full of goodness.

We are talking benefits for your joints and bones, skin, hair, nails, gut, immunity and more.

A well made broth can be packed with goodness in the form of:

- Gelatine
- Collagen
- Glucosamine and chondroitin
- Amino acids like glycine and proline
- Calcium, magnesium, phosphorus and other trace minerals



Bone broth is made by simmering bones, filtered water and some flavourings until the minerals, gelatine, amino acids and other trace nutrients are extracted.

Whereas the aim of making stock is a clear, flavourful but light end result, making bone broth should result in a rich, nutrient-dense, flavourful liquid that sets as a gel once cool.

Bone broth can be the foundation of many meals, including soup, casseroles, noodles and risotto. You can also use bone broth in place of water, stock, milk or cream in recipes, like Cheesy Polenta, Pilaf, Mashed Potatoes, or to cook grains in.

Making bone broth is also a great way to make the most of food parts that might normally be thrown away, like bones and off cuts, peelings or ends of vegetables and herb roots or stems, as well as using 'leftover' bones from say, a roast chicken.

Make broth on meal prep day and throw the vege ends and peelings in!

The process of making bone broth isn't hard, but it can take time and a few steps, so make a big batch if you can. Or for those with a pressure cooker, a smaller, quicker batch might suit you. Freeze (or pressure can) your bone broth to have the convenience you require.

Let's learn more about making our own bone broth...

WHY MAKE BONE BROTH?



A photograph of three vibrant green leaves with prominent veins, resting on a dark, textured surface. The leaves are arranged diagonally from the top left towards the bottom right.

HOW TO MAKE BONE BROTH

There are various ways and cooking methods to use when making bone broth, including:

- stove top
- slow cooker
- pressure cooker

The benefits of using a big pot on the stovetop is that you probably have one of those already, can access one, or can buy one at a reasonable price. Look for a stock pot that is big enough to make a large batch of broth, but that actually fits in your kitchen cupboard!

Slow cooking your stock in an electric slow cooker is convenient, as once you've added the ingredients, it just quietly simmers, you don't have to worry so much about adjusting the temperature or the stovetop getting dirty.

A pressure cooker makes it fast, and can cut down with kitchen smells too. It may not do as big a batch as in a pot, though, especially as they have a maximum liquid limit when using the pressure cooking setting.

Whatever equipment or method suits you, the steps are similar. I've outlined the five steps, and then provided a couple of recipes too.

Let's start with the essentials, explained in more detail over the next few pages.

FIVE STEPS TO MAKE BONE BROTH

1. Source good quality bones.
2. Start with filtered water and a splash of vinegar.
3. Add flavourings, such as herbs, spices, salt, pepper, onion, garlic and other vegetables.
4. Simmer in a large stock pot, or slow cooker.
5. Sieve the broth.

A NOTE ON MEASUREMENTS

Metric measurements are provided.

1 cup = 250mls

1 teaspoon = 5mls

1 tablespoon = 20mls

HOW TO MAKE BONE BROTH



STEP ONE

- Source good quality (preferably organic) bones. Look for beef 'soup bones' (may include a variety of cuts/ pieces), marrow, brisket or joint bones. For chicken, you can use carcasses, thigh/ leg bones or combination.
- Find a good, local butcher, who sells organic/ free-range/ grass fed beef and/ or organic/ free-range chicken. Ask them if they sell packs of bones, or are willing to put aside bags of bones when doing their boning/ prep.
- To get a good gelling stock, I add chicken wings, or use a few beef brisket bones.
- People do use pork, lamb, poultry and fish bones too.
- You can also save bones and bits from meals, like roast chicken, freezing them until you have enough to make a pot of stock.
- I try to roast beef bones first to add flavour, but this isn't essential.

STEP TWO

- Start with filtered water and a splash of vinegar.
- If you have a water filter, remember to top it up so you have enough filtered water when it comes time to make the broth. We have a Southern Cross Pottery water filter, which removes fluoride and chlorine.
- If you don't, use tap water.
- Sit the bones in the water with the vinegar for half an hour, before turning the heat on. This apparently helps acidify the water and draw out more minerals from the bones. Well, that's what they say. You may decide that step isn't necessary, especially if you are short on time.



STEP THREE

- Add flavourings. For a traditional flavour, I use veges like carrots, herbs (like thyme, rosemary, bay leaves, parsley, sage) and a few peppercorns. You can also add celery.
- To make a Low FODMAP broth, use garlic and roast onion infused olive oils.
- You can throw in parmesan rinds too to add depth.
- For Asian-style broth, I use turmeric, ginger, lemongrass, a few kefir lime and curry leaves etc. [Find my recipe for Asian-style chicken broth here.](#)
- Avoid using brassicas, like broccoli, as they are pungent and can overpower, and make your broth bitter.
- Some herbs are very strong and become overpowering too, like rosemary, sage, parsley, so use them in smaller amounts
- I usually add salt at the end, to taste, but be warned, without salt, the resulting broth may taste very bland.
- Don't go crazy throwing peppercorns or chillies in, they can make the broth very intense, especially as it cooks down and becomes concentrated.

STEP FOUR

- Simmer in a large stock pot, or slow cooker. People have success using pressure cookers to make it quicker, and it reduce the smells in the house.
- You may need to skim some foam or 'scum' from the top of your broth, though I often don't and it's doesn't ruin it.
- Chicken bones should simmer for at least 6 hours, and can be cooked for up to 24 hours. I will start preparing chicken broth in the morning, strain into glass jugs/ bowls by evening, and leave in the fridge overnight for the fat to set on top. Then prep for freezing the next day.
- Beef bones should simmer for 12 hours, but can cook for up to 48 hours. I often turn off the stove and leave the pot (with a lid) overnight, then restart the whole pot for a second day the next morning. Or you may choose to strain one batch, and use the bones again to make a second batch the next day.
- I press the bones and stir as I am making it, which can mean a cloudy end result, but we are not aiming for a clear stock here, we want to squeeze the goodness out.



STEP FIVE

- Sieve the broth (discard the bones) into large heat proof glass bowls or jugs (like Pyrex).
- If you want to remove the fat, at this point, leave it in the fridge in these bowls/jugs to set, so you can remove the fat layer on top. Put the fat in a container in the fridge to use for cooking/ frying.
- I return the sieved broth to the large pot, to then add salt to the whole batch, and taste.
- If you are used to bought stock, your broth may taste bland and needs lots of salt. I don't add too much salt to the broth at this stage, as I prefer to add it depending on what I am using the broth for.
- If still very hot, allow the broth to cool a bit first (or heat the glass containers in water until warm, to prevent thermal shock) and carefully ladle into jars (I use a wide mouth metal funnel).

HOW TO FREEZE

- You can store a weeks worth of broth in the fridge, but if you've made a large batch, or cannot use it all, time to freeze it.
- Although I used to pressure can my bone broth in glass jars in my pressure canner, I now prefer the ease and convenience of freezing the jars instead (plus we have a second hand upright freezer, so now have more freezer space!)
- I freeze the broth in preserving jars about 1 litre, which is an amount I commonly use in cooking, like risotto or casseroles, or even to make gravy (our family loves bone broth gravy).
- I also use smaller jars in the cooler months, as I often drink the broth as a hot drink, so only need about 300mls at a time.
- You can also store the bone broth in smaller portions, such as using silicon muffin trays (or ice cube trays), and once frozen, pop out the bone broth and store in a large airtight freezer safe container.
- Smaller portions like this can then be used to deglaze a pan for a sauce, to add to mashed potato (instead of milk/ cream) or to wilt some greens for an omelette or breakfast side.



CLASSIC BONE BROTH

This is a classic way to make bone broth, that can be used in soups, gravy and slow cooker casseroles, like [Asian-style Beef Cheeks](#).

MAKES

About 2 to 3 litres

INGREDIENTS

- 5 litres filtered water
- 4 chicken carcasses or 2kg roasted beef marrow bones/ brisket bones
- 1 to 2 tablespoons vinegar
- 1 sprig Rosemary
- 1 tablespoon thyme
- 6 bay leaves
- 1 medium onion, diced
- 2 cloves garlic, crushed
- 1 teaspoon black pepper corns
- 1 teaspoon salt
- 2 medium carrots

OPTIONAL

- Vegetable peelings and ends, roots or stems from herbs, see what needs using up in your fridge... anything that is clean, not mouldy or slimy, and not too pungent.
- 'Leftover' bones or chicken wing tips, stored in the freezer to use in bone broth.

METHOD

1. Roughly dice the onion, carrot and any vegetables, crush or chop the garlic.
2. In a large stock pot, combine the ingredients.
3. Simmer for at least 6 hours (up to 24 hours) for chicken, and 12 hours (up to 48 hours) for beef.
4. Strain broth. I do this using a sieve over large Pyrex glass jugs. Discard bones etc.
5. Test the broth and add salt, if required.
6. Allow to cool, then transfer to jars or containers to be stored in the fridge or freezer.

NOTES

- For a Low FODMAP version, instead of the onions and garlic, use 2 teaspoon roast onion infused oil and 1 teaspoon garlic infused oil (do not use celery).
- Add a couple of chicken wings or beef brisket bones for more gelling.
- You may need to top it up with some extra water, if you are doing a long simmer, such as for beef.
- Or you may decided to strain the first batch of broth, then use the bones and flavourings to do a second batch. I find this works with beef bones, and I do the second batch with less water. I then combine both batches, add salt and use in cooking or freeze.
- Another option is to continue simmering the broth after sieving it, to make a more concentrated broth which will gel really well. Set it in ice cube trays, put in the fridge, or freeze. Once frozen transfer to a freezer proof container. These 'stock cubes' are great to make a cup of broth with and take up less space.

CLASSIC BONE BROTH





ASIAN-STYLE CHICKEN BROTH

Add some extra flavourings to make this awesome bone broth, that can be used in soups, like [Noodle Soup in a Jar](#).

MAKES

About 2.5 to 3 litres

INGREDIENTS

- 1 whole chicken
- 6 litres filtered water
- 1 small knob of ginger 5cm x 5cm (about 3 tablespoons, once finely grated)
- 1 to 2 lemongrass stalks (about 2 tablespoons lemongrass, once finely grated)
- 1 small root of turmeric (about 1 tablespoon, once finely grated) or 2 teaspoons ground dried turmeric
- 5 tablespoons gluten free tamari
- 2 teaspoons fish sauce
- 2 teaspoons sesame oil
- 1/2 teaspoons black pepper corns
- 1 to 2 chillies, sliced
- 2 to 4 garlic cloves, crushed
- 1 large onion, diced
- 2 tablespoons vinegar (white or apple cider)
- 5 kefir lime leaves (fresh or dried)
- 10 curry leaves (fresh or dried)
- 1 bunch coriander leaves and stems, washed (or 2 teaspoons ground coriander)

METHOD

1. Roast the chicken. Once cool, remove meat from bones. Chop the roast chicken meat and use in a Noodle Soup in a Jar, or a salad, like [Asian Noodle Salad](#).
2. To make the broth, grate the ginger, turmeric and lemongrass, using a 2mm kitchen rasp.
3. Put chicken bones and leftover meat into a large stock pot, with filtered water.
4. Add grated ginger, turmeric and lemongrass, plus all flavourings, and vinegar (to draw minerals out of bones).
5. Bring to boil, then lower heat and simmer for several hours, until you have about 2.5 to 3 litres of broth.
6. Strain broth. Discard bones etc.
7. Test and add more salt, if required.
8. Allow to cool, then transfer to jars or containers to be stored in the fridge or freezer.

NOTES

- Low FODMAP – instead of the onions and garlic, use 2 teaspoons roast onion infused oil and 1 to 2 teaspoons Garlic Infused olive oil.

ASIAN-STYLE CHICKEN BROTH





BONE BROTH GRAVY

This is a great way to use your bone broth to make a delicious gravy for roast dinners, hot chips, or [Crunchy Chicken](#) with mash.

The miso paste adds colour and a light salty tanginess.

MAKES

Enough for 4 as a condiment to dinner

INGREDIENTS

- 500mls bone broth
- 2 tablespoons tapioca flour (or arrowroot or cornflour)
- 1 to 2 teaspoons miso paste
- 1/2 teaspoon Garlic Infused olive oil
- Salt and cracked black pepper, to taste

OPTIONAL

- 1/2 to 1 teaspoon herb salt, or dried ground herbs

METHOD

1. Add small amount of bone broth to a saucepan (heat it up if it is in solid gel form).
2. Add miso paste, garlic oil and blend well.
3. Add flour and whisk to blend.
4. Add rest of bone broth, whisk to combine.
5. Heat broth mix over medium heat until it starts to thicken, whisking to prevent lumps.
6. Taste and add salt and pepper, as required.

NOTES

- The amount of salt you need depends on how salty your bone broth is, and what you are used to (commercial gravy mixes can be quite salty).
- If using 'roast scratching's', remove meat/veges, add some bone broth to the pan or baking dish, and use a whisk to loosen the scratching's, and mix together. Pour into a jug (through a sieve, if you prefer) then continue from step 1.

BONE BROTH GRAVY



A CUP OF BONE BROTH

Do you ever read about people drinking just a straight up cup of bone broth? Do you ever think 'blergh' or 'urgh' or 'weird!'

But maybe you are like me. I wanted to literally gurgle down the benefits of bone broth, so I was prepared to take the plunge.

I use my own broth/ stock in cooking, but drinking it by the cupful needed a different approach. I find when drinking a hot cup of broth I need a bit extra salt to make it palatable, and find that a squeeze of lime juice is also a nice addition.

Think of it like a much healthier, more delicious 'cup a soup'. Add some vermicelli noodles for a quick Chicken Noodle Soup for your kids! Let these thin rice noodles steep in a cup of hot broth and they will soften within a few minutes.

MORE RECIPES FOR BONE BROTH

Check out these recipes on growinghome.com.au to make the most of your home made bone broth.

- [Chicken and Vege Risotto](#)
- [Slow Cooker Asian-style Beef Cheeks](#)
- [Zucchini, Potato and Bacon Soup](#)
- [Pumpkin Soup](#)
- [Grilled Vege Quinoa Salad](#)
- [Add Hot Broth Noodle Soup in a Jar](#)
- [Spicy Sweet Potato Soup](#)

If you want more information on Low FODMAP's, read this [Beginner's Guide to Low FODMAP Way of Eating](#).



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find yourself in the dirt

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