

Nutrient Dense and Wholesome Recipes Great for the Liver

Meat Stock & Bone Broth

Meat stock is where you should start if you currently are suspecting leaky gut, if you are having histamine reactions or if you have an autistic child or if having motor tics. Bone broth cooks longer, and therefore contains more glutamates released from the bones. Someone with a permeable gut lining and/or blood brain barrier likely cannot tolerate the additional glutamates. So, start slowly. There are a few different ways to make broth, and all are wonderful. There is no one “right” way.



Ingredients:

1 whole chicken, thawed with the bag of giblets removed, or you can use a rotisserie chicken carcass with the meat removed, or you can use 2-3 lbs of beef bones

2 tbsp Apple Cider Vinegar

1-2 cups onion, carrot and/or celery, coarsely chopped. Optional if you would like your broth plain

2-4 chicken feet, optional. These are recommended because of the high gelatin content in chicken feet. You could also use chicken heads, although for me, there is no way!

Filtered water, enough to fill the pot to within 1 inch of the top

Instructions: If using a whole chicken for meat stock, first allow the chicken to sit in the pot of water with the Apple Cider Vinegar approximately 30 minutes. Add the other ingredients, if desired, and bring to a boil. Then reduce the heat and simmer for 2 hours. For the meat stock, stop the simmer after 2 hours. Allow to cool, and strain off the broth into glass jars. Leave about an inch of room at the top if you plan to freeze them. You don't want the jars to burst when the broth expands.

If using a rotisserie chicken, first pull off all the cooked meat and set aside. Place the carcass in the pot of water with the ACV and other optional ingredients, and bring to a boil. For bone broth, first you may strain off some stock after 2 hours if you are about to cook a recipe right then. Otherwise, allow the simmer to continue for 24-36 hours. You may transfer the broth to a crock pot for cooking overnight or when you're gone at work the next day. If you choose to leave the broth on the stove, you **MUST** cover the pot with a tight fitting lid and cook over the very smallest burner on the lowest heat, and check the amount of water often. If you do not, you may burn off all the liquid and cause a fire. Don't do this. And don't blame me if you do!

If using beef bones, first place them in a single layer in a deep roasting pan. Roast the bones at 400 degrees for approximately 30 minutes, or when the marrow inside is bubbling. This is an important step, to give a wonderful deep flavor to your broth.

Transfer the beef bones to a crock pot, and add the ACV, water and other ingredients, if desired. Cook on low for 36 to 48 hours. Allow to cool, and strain the broth into glass jars. Be sure to leave plenty of room if you plan to freeze them.

If you would like to use plastic Tupperware-type containers, be sure to allow the broth to fully cool before transferring. Do not add hot liquid into plastic containers, or you will be allowing BPA and BPS chemicals to enter your food.