

The
BARE
BONES
BROTH
Cookbook

125 Gut-Friendly
Recipes to Heal,
Strengthen,
and Nourish
the Body

Katherine & Ryan
HARVEY





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125 GUT-FRIENDLY RECIPES TO HEAL,
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FOREWORD



MEAT COOKED ON THE BONE TO MAKE STOCK IS ONE OF THE FOUR PILLARS OF WORLD CUISINE—FOODS THAT ARE ESSENTIAL TO HUMAN HEALTH BECAUSE OUR GENES HAVE COME TO “EXPECT” THEM. BONE STOCK FORMS THE FOUNDATION OF CULINARY TRADITIONS AROUND THE WORLD, AS YOU MAY HAVE NOTICED IF YOU EVER TRAVELED TO THE KINDS OF PLACES THAT STILL HAVE TRADITIONAL STREET BAZAARS WITH PUSH-CART VENDORS AND SIMPLE MOM-AND-POP EATERIES.

But here in America, and for most of my patients, making stock at home is a completely foreign concept. *You boil bones?* They ask. *In what? Why?*

As I gladly tell anyone who asks, boiling collagen-rich bone and joint materials in copious amounts of water (and a little acid from aromatic vegetables or a splash of wine) for hours at a time allows us to extract special compounds with powerful, almost magical growth-promoting properties. These compounds have many names: proteoglycans, glycosaminoglycans, hyaluronans, chondroitin. While their names may strain your tongue, their effects are soothing for your body. Each of these compounds has been shown to play a vital role in supporting your collagen, the glue that holds our cells together. Collagen-rich skin, hair, nail, and joint tissues house special cells called fibroblasts, whose job it is to make more collagen to replace the old, worn-out, frayed strands. While we once thought that fibroblasts worked at their own pace regardless of what we do in our lives, we now know that what we eat can help or hurt these cells. Consuming bone stock has an effect similar to human growth hormone, stimulating these critically important cells, convincing them to churn out collagen at a faster pace. When our fibroblasts work harder, every other collagenous tissue in the body grows faster. In this way, bone broth satisfies both our palate and a deep physiologic need.

Of course you may be wondering: If this stuff is so important, why haven't I heard about it before?

Ah, but you have. Not necessarily about the bone stock itself, but you have learned about the benefits of the various compounds contained in bone stock. Have you ever heard about movie stars getting collagen injections? That collagen is in broth. Have you seen any TV commercials about the drugs orthopedic doctors can inject into arthritic knees? That's hyaluronic acid, found in broth. Did you catch that show where scientists use stem cells to grow a replacement human ear grafted to the back of a mouse? That graft was made possible by glycosaminoglycans and a proteoglycan matrix—which are found in broth.

For bone stock to work best for you, you must take care to eat it under the right set of nutritional circumstances. Many fast foods, snack foods, and even a good portion of so-called health foods contain unhealthy oils that can negate the benefits of broth. Consuming too many carbohydrates (more than about 100 grams a day) can also interfere with your hormones in ways that limit your body's

ability to reap the rewards of broth. So it's not just a matter of getting stock in, it's also a matter of keeping interfering substances out. And when you can accomplish both, your body will reward you in spades.

These rewards are widely embraced in the sports world. I work with Tim DiFrancesco, the LA Lakers' Head Strength and Conditioning Coach, on guiding the team's nutrition program. When we began working together, Tim's goal was to optimize players' diets everywhere they went: at the training facility, on the planes, in the hotels, and before and after games. Optimization involved consuming bone broth and eliminating the foods that inhibit its effects (starch, sugar, and unhealthy oils).

As soon as the team began to follow the nutrition plan, we witnessed dramatic results. Athletes who suffered inevitable in-season injuries were recovering in a fraction of the time they used to take to heal and get back on the court. As reported in the media, Metta World Peace injured his knee and needed arthroscopic surgery. He was back on the court after twelve days, with the usual recovery time being around six weeks. Another player who had knee pain started drinking stock every day and within two months the pain that had plagued him for years was gone. Dwight Howard of the Houston Rockets developed a cartilage tear in his right shoulder and was scheduled for surgery once the season ended. But the surgery was canceled because, during the season and in spite of all the pounding on his joint and lack of sleep, the tear miraculously repaired itself.

As I write this, I am receiving calls from a number of former patients. One of them, I'll call her Lynda, reports that her knee pain has improved and she's lost fifty-nine pounds. Because of this, she's able to exercise more regularly than at any point in her life since high school. Her "diet" secret? Regular chicken soup consumption.

Lynda is one of the lucky ones. She grew up visiting her grandmother's house, and her grandmother had grown up in a time when the duties of the kitchen were undertaken as though they had vital consequence—and she always had a pot of stock on the stove. Thanks to those early lessons, Lynda intuitively related her grandmother's longevity and vitality to the time and care she spent cooking foods from scratch. So when I told Lynda that there was something she could do on her own to regain mobility, but it involved this thing called bone stock, she knew exactly what to do. Not all of my patients are lucky enough to have had a soup-making grandmother as a role model!

And that's where Kate and Ryan's recipes come in. When the Harveys reached out to me saying they were writing a cookbook focused specifically on making and cooking with stock, my immediate thought was, "Finally!" Because one of the most common questions I get after people dive in and start making stock is "What do I do with it?"

Now you have the answer.

—Cate Shanahan, MD

INTRODUCTION



BONE BROTH IS ONE OF THE TRENDIEST FOODS AND HOTTEST TOPICS IN TODAY'S CULINARY AND HEALTH-FOOD CIRCLES. IT'S BEEN THE TALK OF THE TOWN IN NEW YORK, WHERE CHEF MARCO CANORA STARTED SELLING IT OUT OF A WALK-UP WINDOW; IT'S MADE ITS WAY ONTO MENUS AT THE HIPPEST RESTAURANTS IN LOS ANGELES; AND WHEN KANSAS CITY BOASTS ITS OWN BROTH BAR, YOU KNOW THINGS ARE SERIOUS. BUT WHILE ITS POPULARITY IS EVIDENT, WHAT'S A LITTLE LESS CLEAR IS JUST WHAT BONE BROTH *IS*, EXACTLY. AN INGREDIENT? A BEVERAGE? A SOUP? A HEALTH-FOOD ELIXIR? THE TRUTH IS, BONE BROTH IS ALL OF THESE THINGS, AND MORE.

When people ask us why we launched our artisanal, small-batch broth business—Bare Bones Broth Company—it's tough to summarize all of the reasons in one simple answer. On one hand, we wanted to create a nutrient-rich alternative to the salty, preservative-laden bouillons and stocks you'll find lining most supermarket shelves. On the other hand, we also hoped to revive culinary interest in cooking with real bone broth by showing everyone just how delicious it is when you make it the traditional way. We started our company because we believe that real food can be sustainable food when you choose to use the whole animal instead of handpicking its most desirable parts and discarding the rest. We set up shop because we wanted to make food that is simultaneously clean and convenient. Bare Bones also came about because we swear by using food as medicine, and we believe in educating and empowering people to make better nutritional decisions. In short, we are driven to show people how they can use food not just to survive, but also to thrive.

Just over two years ago, with a 10-quart pot and a dream of making nourishing foods accessible to everyone, we began simmering and supplying bone broths to our friends, family, and local community in San Diego. At first, Bare Bones was just a passion project. But within just a few months the demand for our broth almost outpaced our ability to make it, and we found that we had become unwitting leaders in a full-blown bone broth movement.

“Broth? Isn't it just stock?”

Of course, every movement has its skeptics. Those skeptical of the bone broth boom have suggested that bone broth is just a fancy name for stock. And the truth is, a hundred years ago they would have been right. But thanks to the commercialization and industrialization of our food supply, “stock” has diminished over the last several decades to become synonymous with chicken-flavored water that has little, if any, nutritive or culinary value. We bought into the convenience and stopped making stock at home. Unless they've had the rare opportunity to sample their great-grandmother's from-scratch chicken soup recipe, most people today have never seen or tasted traditional stock.

Some call it stock, and others simply call it broth, a derivative of the ancient German word *brühe*, meaning “brew.” When folks like us started slow-cooking stock the old-fashioned way, we

needed a way to set ourselves apart from the mass-produced stuff that bears little resemblance to real broth. Hence the name “bone broth” to make the difference clear. Real broth is made from bones that have been simmered for hours or days. We’re talking about a rich, substantial liquid that brings body, complexity, flavor, and an array of nutrients to the table—not a watery, salty, chemical-filled liquid-in-a-box.

So thank you, skeptics, for giving us this opportunity to explain that bone broth is in fact “just stock.” Real stock. The buzz about bone broth today is only newsworthy because we’re rediscovering, for the first time in decades, broth’s original role as a nutritional and culinary workhorse.

A Surprise Superfood

As a chef and a journalist duo both actively involved in CrossFit, long-distance hiking, and other athletic pursuits, we learned from being a part of the fitness community that bone broth was loaded with nutrients. But we were more familiar with its incredible jack-of-all-trades role in the kitchen—as stock. Kate, a native Southerner, grew up in a house where a pot of bone broth could regularly be found simmering on the back burner in her mother’s kitchen; she watched it get ladled into everything from rice and beans to casseroles. Ryan knew from his years of working in restaurants that bone broth is often the secret ingredient that takes many dishes from good to great.

But when our customers began flooding our inboxes with stories about how they had used broth to treat and ease a vast array of ailments, our eyes were fully opened to this unlikely superfood’s nutritional benefits. We’ll talk a lot more about those benefits in Chapter 2, but some of them include healthier skin, hair, and bones; improved digestion; and reduced inflammation.

One of our first customers, Patti, called us from Palm Desert, California, desperate to get her hands on a full month’s supply of bone broth. She suffered from severe osteoporosis and had just received discouraging results from a bone density test. She felt that bone broth was her last hope. We met with her, then shipped out our largest order ever. A month later, we hand-delivered four months’ worth of broth to help her save on shipping costs. When we saw her, we were amazed by Patti’s transformation: the color had returned to her cheeks and she had a new pep in her step. We had known all along that we were onto something special, but here was concrete proof right before our eyes.

We met another customer, Maria, at a CrossFit competition. She was ecstatic about our broth and told us it had changed her young son’s life. She fed him liberal amounts of traditionally made stock as part of the Specific Carbohydrate Diet, which is often prescribed as part of a larger treatment for autism. She told us that her son was benefiting tremendously from this diet, as the broth helped eradicate his systemic yeast.

Many more have shared their stories of eradicated digestive problems, miraculous acne and eczema healing, and improved autoimmune conditions. Inspired by our customers’ remarkable stories of health and vitality, we started substituting bone broth for our daily coffee. It might sound strange, but the new ritual ended up solving a litany of gut and joint problems. A nearly constant sharp pain in Kate’s left side disappeared, along with her acne and chronic arthritis in her feet. Now instead of leaching calcium from our bones with caffeine every morning, we’re actually supplying our bodies with the building blocks they need to keep our bones strong and our cells healthy. No other beverage

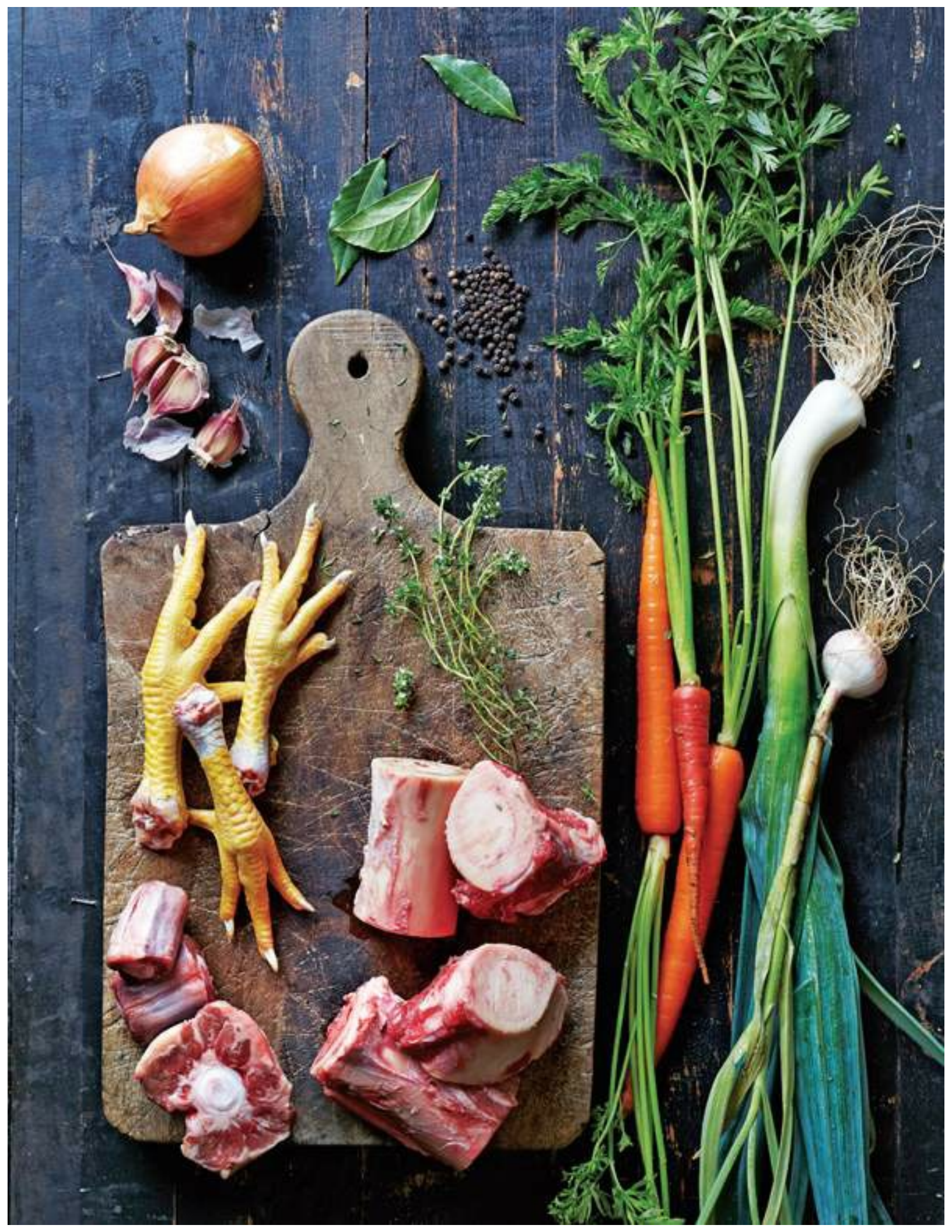
offers such a host of nutritional benefits—not even the green juices and smoothies that are all the rage. Broth offers an incredible array of nutrients, without any sugar (some “green smoothies” contain up to 30 grams of sugar or more!). Plus, broth can be used in thousands of other dishes to enhance their flavor and nutritional value. We’ve never met a smoothie that could do that.

The Ultimate Kitchen Tool

From a nutritional standpoint, bone broth offers something for everyone, from pregnant women to athletes, children to senior citizens. From a flavor standpoint, it also holds broad appeal. After all, broth and stock have served as the flavor base for a wide range of recipes across continents and cultures for thousands of years.

In this book, we will show you how to create ridiculously tasty and easy-to-make bone broth-based dishes. Our goal is to show you as many simple ways as possible to include bone broth in your everyday meals, and teach you how to wield this secret weapon of culinary goodness. From morning to night, sweet to savory to spicy, these recipes will cover all the flavor bases and show you how to take a meal or drink from ordinary to extraordinary in no time and with minimal effort—sometimes by simply substituting your homemade bone broth where you would normally use water. And because we don’t eat gluten at home, you won’t find any in these pages, making this the perfect companion if you follow a primal, Paleo, or gluten-free lifestyle.

In later chapters, we will take you step-by-foolproof-step through the process of creating each of our nine base broths and share techniques for making more than 100 delicious recipes for breakfast, lunch, and dinner. We’ll show you how guts can be healed, skin revitalized, arthritis minimized, and athletic potential maximized, with this verified nutritional supplement and culinary star.





Chapter 1

FROM CULINARY CORNERSTONE TO CONTEMPORARY CRAZE





WHEN IT COMES TO FOOD, BONE BROTH IS ABOUT AS ELEMENTAL AS IT GETS. IT IS THE ORIGINAL SOUP, MADE FROM THE LEFTOVERS OF WHATEVER ANIMALS OUR ANCESTORS HAPPENED TO HUNT DOWN ON A PARTICULAR DAY. FOR OUR CAVEMAN COUSINS, MAKING BROTH FROM AN ANIMAL'S BONES WAS NOT ONLY A WAY TO FULLY UTILIZE A PRECIOUS RESOURCE BY SQUEEZING OUT EVERY LAST OUNCE OF ITS ENERGY AND NUTRIENTS, BUT ALSO A WAY TO ADD FLAVOR AND BULK TO OTHER FOODS.

Traditionally bone broth is made by simmering animal bones and meat in water for many hours over low heat to extract the nutrients and flavor from the marrow, cartilage, and bones themselves. In fact, that's just how our Paleo ancestors made it. In modern times, a medley of chopped carrots, celery, onions, and herbs—what the French call *mirepoix*—is added to the water with the purpose of making the end product more fragrant, and tasty, and to round out its nutritional profile with plant-based nutrients.

Most Americans associate broth only with soups and stews, but broth is the linchpin of traditional dishes in almost every culture, from Russian borscht and Vietnamese pho, to Irish shepherd's pie—and everything in between. Italians, who call their broth *brodo*, depend on it for risotto and fresh-stuffed pasta, among dozens of other dishes. Many mom-and-pop restaurants all over the world are still fueled by huge kettles of broth simmering over an open flame in the backroom.

BONE BROTH AROUND THE WORLD

Italy

BRODO: An essential ingredient in everything from risottos and tortellini to minestras and zuppas.

France

BOUILLON: The basis for almost all cooking, flavoring, and sauce in French cooking, and a critical ingredient in three of the five “mother sauces” from which all other sauces descend.

Germany

BRÜHE: Used in soups, stews, potato salad, and Germany's famous flädlistuppe, a broth served swimming with German-style pancakes cut into thin strips.

Vietnam

CANH: The soul of Vietnamese pho, and the star of countless other noodle, soup, and egg dishes.

China

RÒU TĀNG: The star ingredient in classics such as hot-and-sour soup and egg drop soup, broth also plays a supporting role in stir-fry dishes, braises, and sauces.

Thailand

น้ำซุป: Used in many Thai dishes, from the spicy-sour tom yum soup to noodle favorites like pad thai and pad see ew.

Mexico

Caldo: A central ingredient in signature soups such as menudo, and posole, and an important part of various rice and bean dishes as well.

Slow-cooked stock serves as a key component for three of the five “mother sauces” of French classical cuisine, which in turn provide the basis for virtually all other sauces. The philosophy of traditional French cooking is that after mastering these basics, an accomplished cook can easily execute the thousands of sauces derived from them. In fact, the legendary French chef, restaurateur, food writer, and sauce master Auguste Escoffier is famous for putting bone broth in practically everything he made. In his 843-page masterpiece published at the turn of the twentieth century, *Le Guide Culinaire*, “stock” is referenced a total of 293 times.

“Indeed, stock is everything in cooking,” he wrote in the first chapter of the book. “Without it, nothing can be done.” Escoffier believed that if you made a good bone broth, the rest of the cooking process would be a cinch. “If, on the other hand, it is bad or merely mediocre,” he wrote, “it is quite hopeless to expect anything approaching a satisfactory result.”

So while other chefs were tossing out tendons, knuckles, celery tops, and ugly carrot pieces, Escoffier was throwing them into a stockpot where they would simmer into a marvelous backdrop for his culinary exploits. Escoffier had discovered that through denaturing, or breaking down proteins by simmering them for long periods of time, he could achieve that mysterious and elusive fifth taste in his dishes known today as “umami.” *Umami*, the Japanese word for “delicious,” is not salty, sweet, sour, or bitter. It is an altogether different and, for most people, desirable taste that coats the tongue with a mouthwatering smoothness and is often described as “brothy” or “meaty.” We taste umami through our tongue receptors for L-glutamate, an amino acid found in foods such as meat, fish, cheese, mushrooms, tomatoes, and—of all things—breast milk.

But in the early 1900s, Japanese scientists found a shortcut way to replicate umami without the nutritional benefits of broth by isolating the salt form of glutamate, called monosodium glutamate, or MSG. Soon food manufacturers and restaurants began seasoning their dishes with MSG instead of broth, and we got one step further from using this healthful and delicious ingredient in our daily lives.

TRICKING THE TONGUE WITH MSG

Since the 1960s, most commercial broth manufacturers in the United States have achieved the umami taste in their products by seasoning them with monosodium glutamate, or MSG. MSG is produced by fermenting starch, sugar beets, sugar cane, or molasses to fully break down their proteins into free amino acids. When used to season other foods, it can trick the tongue into thinking it is tasting savory meat.

While the Food and Drug Administration considers MSG to be “generally recognized as safe” (GRAS), its use is still controversial. Many people report experiencing headaches, flushing, numbness, tingling, weakness, nausea, and similar symptoms after eating food seasoned with it. In her book *Deep Nutrition*, Dr. Cate Shanahan affirms that certain free amino acids, when consumed in large quantities and outside of their normal nutritional context, can wreak havoc on our nervous system. Glutamate is one of the most powerful of these free amino acids that can cause temporary memory loss,

migraines, and more if we eat too much of the artificially produced stuff.

The good news is that any cook can give her dish a pleasing umami quality with safe quantities of naturally occurring glutamate and its proper nutritional complements, by simply adding traditional bone broth.

DILUTED BY CONVENIENCE

Unless you grew up raising and eating your own animals or have experience in a professional kitchen, it's probably safe to say that you've never *properly* made a bone broth or stock. Most people's exposure to broth is limited to the rectangular cartons they grab at the corner store. Once upon a time, you were more likely to find broth—or at least the components of it—at the butcher's shop rather than on a dusty shelf at the 7-Eleven. In the rush to industrialize and commercialize food, the art of making one of the most basic and essential ingredients to all of cooking fell by the wayside. That is especially true in America, where processed and packaged foods dominate the marketplace, and convenience is king.

Before factory farming, animals were raised locally and slaughtered by a butcher. We knew where our meat came from and how it was raised, and we used every part of the animal—giving us a much deeper appreciation for and connection with our food. For more than half a century now, though, we've walked into our grocery stores to buy steaks and chicken breasts in individual Styrofoam packages neatly sealed with plastic wrap. As a result, bones, joints, and organ meats have disappeared from our view and our diets, taking with them one of the most nourishing and versatile real foods available to us. Broth would be extinct already were it not for the anachronistic souls in kitchens across the world and professional chefs who recognize the rich flavors and textures broth can add to their dishes.

The simple but patience-required art of brewing broth makes it one of the slowest foods our ancestors ever dreamed up. And in a culture where time is money, few companies have invested in making real broth. The “stock” you buy in the store contains so little real animal product that the USDA doesn't even regulate it. The small amounts of bone used to make it are boiled for short periods of time at high temperatures—just long enough to extract a tiny bit of flavor, but not long enough to extract any real nutrients from the bones. Then sodium and preservatives are added to make the “broth” shelf-stable and add the illusion of flavor. Bouillon, a dehydrated reduction of these concoctions, bears even less resemblance to the simmering sublimity that used to be the pride of home cooks the world over. Every time you buy and cook with boxed stock or broth, you're being cheated out of an opportunity to nourish your body and restore your digestive system (more on that in Chapter 2).

Bone broth certainly isn't the only victim of our food culture, which sacrifices quality on the altar of speed, profit, and easy access. But if we are going to reclaim our food supply, it makes sense to start with this most basic ingredient by committing to use it again only in its wholesome and original form. Bone broth used to be the base of almost every dish at the table of our ancestors. By adding it back into our daily consumption, we can make a quick and inexpensive change with potentially big payoffs for our planet, our palates, and our physical well-being. It doesn't get much more sustainable than nose-to-tail cooking.

Chefs at farm-to-table restaurants focused on sustainable food practices are leading a modern resurgence to use every part of the animal. This allows us to get the protein we need without having to consume as much meat as we otherwise might. And for home cooks, using the whole animal offers an opportunity to stretch family food budgets and use the vegetable odds and ends we usually throw away. Like Escoffier, we, too, can transform our meals from average to amazing by taking advantage of ordinary kitchen scraps. It is possible to create restaurant-quality dishes at home with little to no extra effort—just by substituting bone broth where you would normally use water. In most cases, it truly is that easy.

Nutrition experts point out that organs from organically raised and grass-fed animals are some of the most nutritious foods you can eat, especially when you break them down into a more bioavailable form for your body to absorb. The process of slow cooking does just that. Consuming organ meats and extracting nutrients from animal bones has largely fallen out favor in the West as a result of a food industry that raises animals in enclosed spaces on a diet of veterinary drugs. But as more farmers turn away from industrial farming and head back to basics by raising their stock (pun fully intended) without all the hormones and antibiotics, organ meats and bone broths are returning to the table.

Millions of Americans are rediscovering that bone broth is not only an easy way to get minerals and other essential nutrients into our bodies, but also a tasty tradition. And despite modern food manufacturers' best efforts, there is no shortcut that will produce a substitute with the same nutritional value and complex, satisfying flavor of real bone broth simmered in the traditional way: low and slow.

COMING FULL CIRCLE

If you picked up this book with the hope of discovering the secret powers of broth, learning how to make it yourself, and figuring out just what to do with it, we've got good news for you: you've come to the right place.

First, this book is all about helping you understand and embrace the nutritional benefits of this ancient staple of health and wellness.

Second, we are here to dispel any myths and quell any fears you may have about making bone broth at home. Simmering a pot of bones and some vegetables didn't intimidate our ancestors, and it shouldn't intimidate us. And while it may be pricey to buy premade bone broth because of the time it takes to produce, it is dirt cheap to make at home. You don't have to go into hock to produce a broth as rich and delicious as anything you could find at the hippest nose-to-tail restaurant. We'll show you how. We promise, it's not rocket science.

Third, you are about to discover *more than 100* ways bone broth can be used to enhance virtually any meal. Breakfast, lunch, and dinner; sweet and savory; we've got you covered.

If that's not compelling enough, here are a few reasons why you should keep reading.

5 REASONS TO COOK WITH BONE BROTH

1 It's easy.

- Bone broth is simple to make and very difficult to mess up. If you have a slow cooker or stockpot and 30 to 45 minutes, you have all you need to begin reaping the benefits of broth.
- Once made, it's even easier to incorporate into any meal of the day.
- It's easy to use, store, and reuse whenever you need it. It can be frozen until needed, or reduced and concentrated to take up less space (just add some water to reconstitute it before using!).

2 It's fun.

- Just like it's fun to can your own pickles or make your own bread, there is something deeply pleasurable and satisfying about creating this simple, rustic food. There's something to be said for the connection we feel to our heritage when standing over a pot of simmering bone broth.
- It's also fun to appreciate and acknowledge where food comes from. In today's world it's difficult to stop and show gratitude for the food that fuels us. By getting in the kitchen and putting our hands on bones that once carried a life, we can slow down and truly appreciate all that goes into putting food on our plate. It's the definition of "feel-good" food.

3 It's downright good for you.

- Bone broth contains the building blocks of life in a form our bodies can readily and easily absorb, including arginine, glycine, proline, glucosamine, and, of course, loads of gelatin.
- Broth aids in digestion by drawing digestive juices and enzymes in your stomach to the food it's trying to break down. Anything that can aid in digestion is a good thing.
- Study after study shows that the naturally occurring gelatin in stocks and bone broths can heal the gut, strengthen bones, and give us healthier and better-looking skin, hair, and nails.
- The protein found in stocks and bone broths can aid in muscle recovery as well as speed the recovery from pregnancy, wounds, surgery, and chemotherapy.

4 It's responsible and sustainable.

- It's responsible not only to use the entire animal but also to get as much out of it as we can. By using parts of the animal that are generally discarded, we are supporting responsible and sustainable food pathways.

- By simmering the bones for up to two days, we can extract as many nutrients from the animal as possible into an easy-to-consume and easy-to-absorb liquid.
- It's sustainable to support a food system that humanely raises animals.

5 It makes everything taste better.

- From flavor to mouthfeel and texture, stocks and bone broth bring more pleasure to eating while avoiding unnecessary additives. These extra dimensions will take any dish to the next level.
- Great cooks have always had a secret ingredient to make any dish stand on its head: stock and bone broth. When you cook with it, your family and friends will beg you for your recipes.
- Take a page from the professional chef playbook: anytime a recipe calls for water, substitute bone broth instead!



Chapter 2

A NUTRITIONAL POWERHOUSE





THERE'S AN ANCIENT SOUTH AMERICAN PROVERB POPULAR IN SOME HEALTH CIRCLES THAT SAYS, "GOOD BROTH CAN RESURRECT THE DEAD." ALTHOUGH WE PERSONALLY HAVEN'T WITNESSED THIS PHENOMENON, THERE IS PLENTY OF SCIENTIFIC EVIDENCE THAT EATING BONE BROTH CAN MAKE US FEEL MORE ALIVE.

We've heard from dozens of customers that they learned about our company from a doctor, nutritionist, or dietitian. That's probably because bone broth, long regarded as a natural medicine, contains proteins and minerals essential for everything from beating the common cold to speeding recovery from injuries. In fact, a 2010 study conducted at the University of Mosul College of Medicine found that bone broth, with its complex combination of vitamins, minerals, and amino acids, significantly improved the speed and quality of healing bones. Broth is also packed with minerals and amino acids that fuel your body to rebuild stronger cells, thus boosting immunity.

So it turns out your grandma wasn't so far off base when she encouraged you to eat a nice big bowl of chicken soup to cure everything that ailed you, from the flu to a broken arm. She recognized bone broth for the miracle worker that it is. Only recently have the rest of us begun to fully embrace this ancient remedy as a cure for modern ailments.

HISTORIC HEALING THROUGH BROTH

Medieval Jellies: Medieval cooks boiled pigs' ears and feet, then poured the broth over meat and vegetables and chilled the mixture. The result was a jelly casing around the meats and vegetables that enriched the foods and helped prevent spoilage. These jellies were also a crowd favorite at dinner parties (kind of like a Medieval Jell-O).

Twelfth-Century Cough Medicine: Egyptian physician and scholar Moses Maimonides recommended "chicken soup," or broth, in his treatise on asthma, citing it as an effective expectorant to help get rid of unwanted phlegm in the lungs.

Jewish Penicillin: Chicken stock has long been jokingly referred to as "Jewish penicillin," as mothers and grandmothers across the world have used it as a cure-all for physical and emotional ailments.

Chinese Kidney Cleanse: Chinese medicine practitioners traditionally use bone broth for blood, kidneys, and digestive tract support. It is believed that the marrow from the bones nourishes and strengthens our qi, or "natural energy," according to acupuncturist Margarita Alcantara.

Bone broth's health benefits are both immediate and long term. Because it's packed with protein, it serves as the ultimate energy drink and post-workout recovery beverage for weekend warriors and pro athletes alike. As the foundation of a healthy lifestyle, broth has been shown to reduce inflammation—an underlying cause of some of the most prevalent diseases of the twenty-first century, such as rheumatoid arthritis, cancer, and heart disease. Bone broth's high doses of collagen also make it more powerful than any antiaging product or beauty cream, promoting younger-looking skin, healthier hair, stronger bones and nails, and smoother joints. Some doctors and nutritionists are even prescribing bone broth to patients afflicted with mental conditions such as dyslexia, ADHD, depression, schizophrenia, and autism. This is because more research is emerging to support the Gut

and Psychology Syndrome (GAPS), a theory that suggests our brain functions depend heavily on the digestive system and its health.

THE NEW MULTIVITAMIN

Have you ever read the ingredients list on the back of your multivitamin bottle? Then you're probably already familiar with a lot of the words you're about to see. Bone broth is a veritable food-based multivitamin that's loaded with good things your body craves. Here are just a few:

Glycosaminoglycans are described by Dr. Cate Shanahan in her book *Deep Nutrition* as “very special molecules that keep our joints healthy.” Three of these compounds are prevalent in bone broth.

Glucosamine is widely used as a supplement to treat arthritis and help patients recover from injuries and surgery.

Hyaluronic Acid is naturally present in the human body, but studies have shown we can benefit from it as a supplement to treat osteoarthritis and mouth sores and to heal wounds and burns.

Chondroitin Sulfate can significantly reduce arthritic pain and increase joint mobility for people suffering from arthritis, according to a 2003 task force report by the European League Against Rheumatism. It's sold in dietary supplements, and is approved and regulated as a symptomatic slow-acting drug for osteoarthritis in Europe and elsewhere.

Electrolytes are electrically charged particles that keep our bodies functioning normally and play a key role in keeping us hydrated by balancing the water inside and outside of our cells. Electrolytes are abundant in broth.

Calcium, the most plentiful mineral found in the human body, is one of the electrolytes also abundant in bone broth. Most of us know that calcium helps our bodies build stronger bones and teeth, but it also aids in clotting blood, sending and receiving nerve signals, supporting muscle function, releasing hormones, and maintaining a normal heartbeat.

Magnesium is needed for more than 300 biochemical reactions in the body. It also strengthens our bones, helps our nerves and muscles to function normally, boosts the immune system, and keeps our hearts beating steadily, all while aiding in energy production. Magnesium also helps regulate our blood sugar levels. Ongoing studies are also investigating whether magnesium can help prevent and manage high blood pressure, heart disease, diabetes, and other disorders.

Phosphorus, a building block for our bones and teeth, also aids in kidney function, muscle contractions, steadying the heartbeat, and nerve signaling. This powerful electrolyte plays a role in using and storing carbohydrates and fats, and for making the protein essential to grow, build, and repair cells. Phosphorus is especially helpful in developing our connective tissues.

Silicon, not to be confused with *silicone*, the group of materials that resemble plastic, is a mineral often used as a supplement to help strengthen weak bones, treat heart disease, and support the cardiovascular system. A 2013 article published in the *International Journal of Endocrinology* cited studies that found consuming foods rich in silicon can reduce the risk of osteoporosis, particularly for postmenopausal women. It's also helpful in healing skin and sprains and in treating digestive disorders.

Collagen, the most abundant protein in our bodies, is often referred to as the “glue” that holds us together. It is most commonly found in the skin, bones, arteries, and connective tissues, providing structural support and a degree of elasticity that makes our bodies incredibly resilient. Collagen is what makes our skin strong and elastic, and is vital in replacing dead skin cells. It's especially helpful in healing wounds more quickly and revitalizing the skin. Studies have even shown that ingesting the collagen found in bone broth can reduce the harmful effects of sun exposure.

Gelatin is the food term people use for collagen. It is the most visible indicator of the nutrients you will extract from animal bones and cartilage when making bone broth. Most of us are familiar with Jell-O, and properly prepared bone broth should gel similarly when cooled. Gelatin is a well-known treatment for brittle nails, among other things.

Amino Acids, the twenty-two compounds vital to proper functioning, are often referred to as the building blocks of life. Many of the proteins found in bone broth actually turn into these amino acids when we're digesting them. Bone broth is rich in two especially important amino acids:

- **Proline**, which helps our bodies repair tissue, form collagen, keep arteries clear and elastic, and maintain healthy blood pressure.
- **Glycine**, the second-most prevalent amino acid found in human enzymes and proteins, is highly concentrated in our skin, connective tissue, and muscles. As a simple amino acid, glycine is necessary in the manufacturing of other amino acids. It's an important aid in essential processes such as digestion, regulating blood sugar, and transmitting nerve impulses. Because it helps keep skin and connective tissue firm and flexible, glycine is a powerful antiaging weapon. It is also being studied by researchers at the Nathan Kline Institute for Psychiatric Research in New York for its potential benefits in treating hyperactivity, bipolar disorder, schizophrenia, and similar neurobehavioral disorders. Other studies have shown that glycine can help prevent epileptic seizures. And still other research has shown the glycine in broth to help combat inflammation in our joints, muscles, respiratory, cardiovascular, and digestive systems.

All of these nutrients are locked in the bones, tendons, and cartilage of animals until the slow-cooking process liberates them. By simmering the bones, joints, and feet of healthy, pasture-raised animals in water for hours, or days, you are creating an extract of collagen, bone, skin, marrow, and fat—the very essence of our being—that the body can use immediately and efficiently. Adding vegetables and herbs to your bone broth only enhances its nutritional benefits. And including an acid such as vinegar or wine helps to extract nutrients, particularly the minerals, from the bones. The result is a delicious way to get our daily dose of vitamins—and then some.

These vitamins can aid virtually every organ and function of your body, from nourishing your

skin to supporting your metabolic system.

DIGESTION AND GUT HEALTH

Gastrointestinal diseases affect some 60 to 70 million adults annually. In addition to being a discomfort for many, they are also a substantial cause of illness and death in the United States. Many doctors are beginning to recommend bone broth as a supplement to solve or greatly ameliorate a host of digestive problems rampant in our modern society, including irritable bowel syndrome, excessive gas, constipation, and diarrhea. This is because the natural gelatin found in bone broth is considered a hydrophilic colloid—meaning it attracts liquids such as your stomach acid and enzymes to the food you eat, helping break it down and ease digestion as it makes its way through your gastrointestinal tract.

One of the most commonly diagnosed GI disorders in recent years is leaky gut syndrome. People with this condition, also called “increased intestinal permeability,” have tiny holes in their intestines that allow harmful undigested or partially digested molecules directly into the bloodstream. Integrative health specialists have linked leaky gut syndrome to a number of diseases, including asthma, acne, diabetes, rheumatoid arthritis, kidney disease, psoriasis, eczema, depression, chronic fatigue, and even heart failure. The amino acid–rich gelatin in bone broth is basically like New-Skin for your wounded intestinal wall. It helps to seal the gut and keep the toxins out of your bloodstream, while also working to rebuild it from the inside out.

A growing number of doctors and nutritionists recommend bone broth to help repair the intestinal walls and also restore a healthy balance to gut microbiomes that have become overgrown with detrimental bacteria. Bone broth feeds the *good* bacteria in your gut. And with the increasing medical evidence showing a strong link between gut health and digestive health, immunity, and mental health, who doesn’t want a healthy gut?

HAIR AND NAILS

Did you know that eating 7 grams of gelatin a day can increase your nail strength by as much as five times? Researchers have also discovered that gelatin improves blood circulation to hair follicles, prolonging their lives and delaying or even preventing hair loss.

About half of all men and women experience some hair loss by the age of fifty, and it often affects men as early their mid-twenties. An industry report from IBISWorld reveals that Americans spend more than \$4 billion each year on pills, creams, gels, sprays, and restorative hair equipment. But for many, there may be a way to address hair loss from the inside out, before investing in expensive medications in treatments. The gelatin in bone broth is a valuable building block for strong and beautiful hair.

JOINTS AND INFLAMMATION

More than 52 million adults suffer from the pain and discomfort of arthritis. And nearly 23 million of those afflicted also experience limited mobility and, therefore, diminished activity and quality of life. The collagen in bone broth has been shown to reduce the swelling and pain associated with arthritis. It also helps to rebuild the cartilage in the afflicted joints as well as to improve overall joint mobility for the rest of us.

The glycine in bone broth has been billed by researchers as “a new anti-inflammatory immunonutrient.” In other words, it helps not only to ameliorate arthritis, but also muscle pain and other inflammation throughout your body, including in your renal (kidney), respiratory, cardiovascular, and digestive systems.

Nutritionist Allison Siebecker, Medical Director of the SIBO Center for Digestive Health at the National College of Natural Medicine, ten years ago listed seventy-six conditions that bone broth can help support or improve, including many common ailments such as asthma, diabetes, eczema, and hypertension. Other researchers have continued to identify even more ailments that can be eased or relieved with bone broth. The growing list includes:

Aging skin

Allergies

Anemia

Anxiety

Arthritis

Asthma

Atherosclerosis

Brittle nails

Celiac disease

Cellulite

Colic

Constipation

Degenerative joint disease

Delusions

Dental degeneration

Depression

Diabetes

Diarrhea

Fatigue

Flatulence

Food intolerance/allergies

Fractures

Gastritis
Heart attack
High cholesterol
Hyperacidity in the stomach
Hyperactivity/attention deficit
Hyperparathyroidism
Hypertension
Hypoglycemia
Immunodepression
Infectious disease
Inflammation
Inflammatory bowel disease
(Crohn's disease and ulcerative colitis)
Insomnia
Intestinal bacterial infections
Irritability
Irritable Bowel Syndrome
Jaundice
Joint injury
Kidney stones
Leaky gut
Lowered immune function
Muscle cramps
Muscle spasms
Muscle wasting
Muscle weakness
Nervousness
Osteoarthritis
Osteoporosis
Overactive bladder
Palpitations
Periodontal disease
Pregnancy
Restlessness
Rheumatoid Arthritis
Rickets
Seizure

Shallow breathing

Virility

Vomiting

Weakness

Weight loss due to illness

Wound healing

Now that you're sold on the benefits of consuming bone broth, it's important to remember that there's a big difference between the boxed and canned liquids you'll find even at your local health-food store and the slowly simmered, real bone broth that offers nutritive and medicinal benefit. Commercially produced stocks contain little gelatin and few, if any, nutrients. These broths are pumped full of additives and preservatives, diminishing whatever small amount of nutrients were present in the first place. By contrast, real bone broth is made with a high bone-to-water ratio, and simmered for hours to extract the nutrients from those bones. And the best broth is made only with parts from grass-fed, organic, and pastured animals—meaning you're not leaching harmful hormones out of the cartilage and marrow.

A WORD ABOUT LEAD IN BROTH

Broth critics occasionally cite a study published in *Medical Hypotheses* in 2013 that seems to conclude that even the highest-quality bone broth contains elevated levels of lead, a heavy metal and known neurotoxin. The United Kingdom-based researchers who authored the study found that broth made with organic chicken parts contained several times the lead content of the water in which the chicken was boiled. Chicken bone broth was found to have a lead content of 7.01 parts per billion, compared with a control value for tap water treated in the same way of 0.89 parts per billion. The researchers attributed this to environmental lead ingested by the chickens and stored in their bones, then subsequently released during the broth-making process.

While 7.01 parts per billion of lead is significantly below the EPA's maximum contaminant level of 15 parts per billion, there's also new evidence that lead poses no threat in broth. Nutritionist and author of *The Whole Soy Story: The Dark Side of America's Health Food* Dr. Kaayla Daniel responded to the UK researchers with her own study. She submitted grass-fed beef broth and pastured chicken broth to the National Food Lab in Livermore, California, to undergo analysis. The lab detected no lead in the broths.

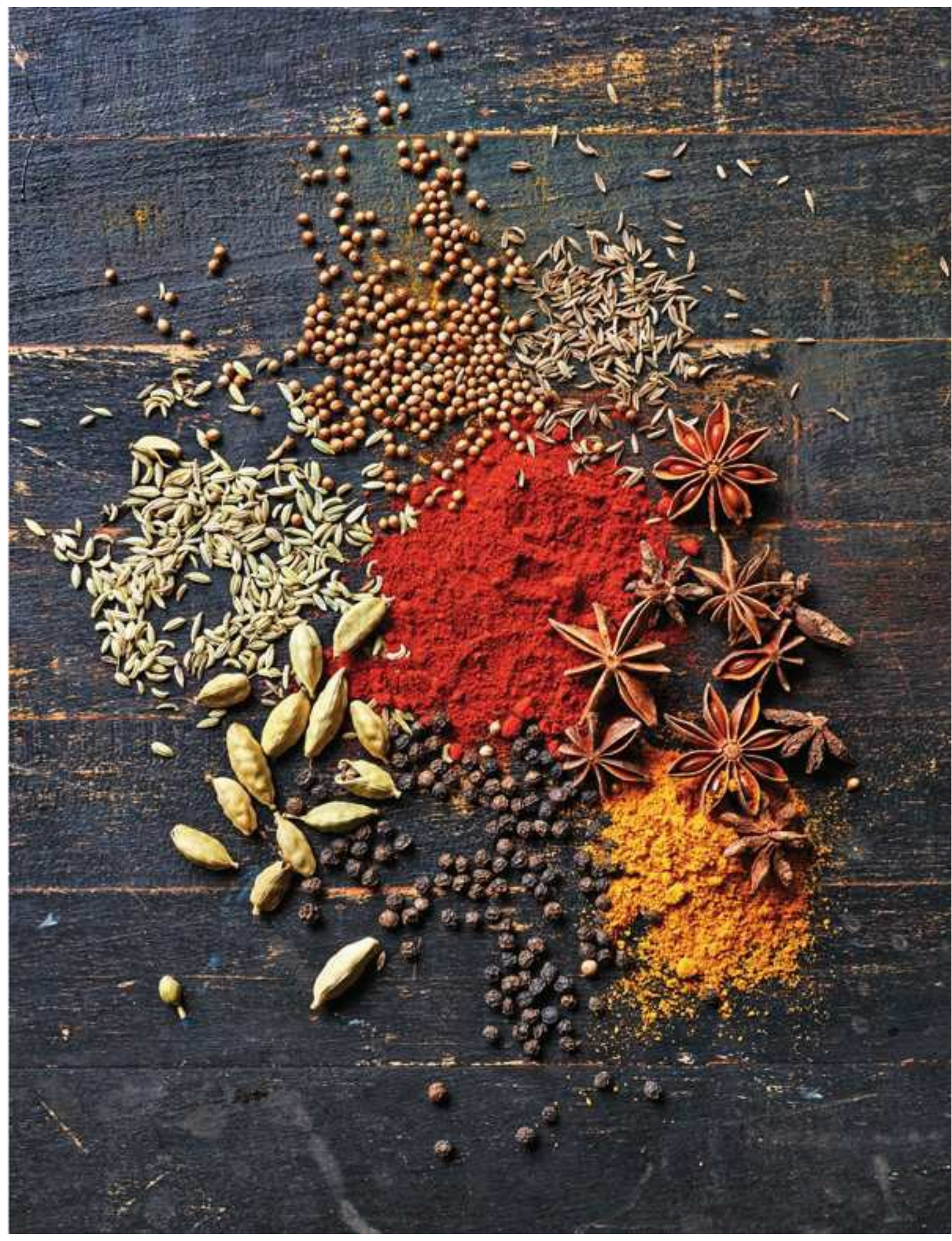
Don't worry—we're not promoting a full-fledged Bone Broth Diet: you don't have to drink broth for every meal, every day. We're not actually suggesting you *diet* at all. Thankfully, bone broth is a natural supplement for practically any lifestyle, including Paleo, ketogenic, GAPS, and Weston A. Price Foundation dietary recommendations. Paleo enthusiasts, especially those in the athletic community, have been some of the earliest adopters of the bone broth trend, finding it an easy, protein-rich addition to meals and even a quick meal substitute on the go. But broth's benefits are so diverse that its devotees now include people from virtually every camp. Even some vegetarians are turning to broth to as an easy way to get essential nutrients that can be tough to find on an exclusively plant-based diet. It's no silver bullet, but it's hard for anyone to deny the powerful benefits of broth.



Chapter 3

GETTING READY: BONE BROTH 101





IF YOU, LIKE MOST OF US, ARE ACCUSTOMED TO PURCHASING YOUR CHICKEN BREASTS BONELESS AND ENCASED IN PLASTIC WRAP, THEN YOUR INITIAL BATCH OF BROTH MAY INVOLVE A BIT OF A LEARNING CURVE.

But it's an exponential curve, we promise—the first batch is always the toughest. You'll coast through every other batch you make from that point on. Before you know it you'll have a nice big pot of broth simmering on your stovetop every week, and you'll be cooking up new ideas for incorporating it into your meals every day.

Before you get started, let's take a look at the tools you'll need to make your broth. The great news is that you don't need any highly specialized equipment—just a few basic items that you probably already own.

EQUIPMENT

- Stockpot or slow cooker (10 quart or smaller)
- Soup ladle
- Strainer
- Freezer-safe storage containers

STOCKPOTS

Because your broth is going to simmer for long periods of time, your stockpot should be stainless steel or enamel. We like these materials because in a cooking environment they are generally safer than metals such as copper and aluminum. The size of the stockpot doesn't matter that much—as long as it fits comfortably on your stovetop—but we recommend a 10-quart pot or smaller for home use. When we first started making broth for our friends, we were simmering a 100-quart pot on our home kitchen stove, and it took up all four burners. We do not recommend this. We're pretty sure our burners were permanently bent after that.

You want a pot that allows plenty of room for the bones and veggies, and for a substantial amount of water to surround them. You also want a large surface area for the water in your broth to evaporate during the simmer, leaving all the good stuff behind in a rich, concentrated liquid.

If you don't have a large stockpot, don't let that stop you. Just make a smaller batch of broth. You basically want the volume of bones to take up no more than half of the volume of the pot. This is a good rule of thumb, because you want to have plenty of room left in the pot for the water to cover the bones.

SLOW COOKERS

One of the benefits of making broth in a slow cooker is that you can plug it in and walk away—you don't have to think about it while it cooks, and there is no open flame to which you must attend. If you opt to use a slow cooker, we recommend using one with a ceramic insert and a removable lid. But if all you have is a convertible rice cooker you bought at Costco three years ago, that will work, too. Just make sure it has a low cook setting, because you don't want to overcook—or worse, burn—your broth. Yes, broth can burn. See our FAQ ([chapter 3](#)) to learn more about that.

SOUP LADLES

Once you've selected a vessel for cooking your broth, you'll need to secure a basic soup ladle. Other types of spoons will work, but few can handle the multitude of jobs that a soup ladle can. You see, this ladle is not simply used for serving your bone broth. If that were the case, you could opt for any old serving spoon. A proper ladle has the singular ability to double as a fat skimmer. Skimming the fat is an important step in creating the clear, gelatinous broth chefs like to brag about and that will take your food to new heights.

Some people opt for the fancy fat-skimming ladles with a spout on the rear made for this very purpose, but you don't need to purchase such a specialized device. There really is only one rule here: Select a ladle that you can easily dip just below the surface of your broth to skim off its fat without taking away the liquid goodness underneath.

This is a personal preference, but we steer clear of serving ladles and prefer to use a simple stainless steel soup ladle.

STRAINERS

Once your broth is ready to serve or store, you're going to need a strainer to separate the liquid from the now-spent bones and vegetable mush. Any medium-size, fine-mesh strainer should work. We like the types that have handles, allowing them to nest nicely inside other containers while we pour.

STEP BY STEP

Like with most cooking, the secret to making great bone broth boils down to technique. A list of ingredients is nothing without proper method. So before we get into the recipes, let's look at the big picture—the technique we use to make our broths (we will elaborate more on the “why?” and the “how much?” in the recipes):

- Roast meat bones before making broth for added depth of flavor. Do not roast fish bones. Fish bones are too fragile, and roasting would ruin their delicate essence.
- Place the bones in a stockpot or slow cooker. Add cold water just to cover. The cold water and gradual temperature increase aids in pulling the scum and other impurities to the surface.

- Bring the mixture to a boil, then reduce to a simmer, keeping uncovered. If using a slow cooker, set it on high and check periodically. Lower the setting once your water is boiling.
- Skim, skim, and skim some more. Once your water begins to simmer, scum and other impurities will rise to the surface. Skim and keep simmering. This scum can give your broth an off-flavor and make it cloudy.
- Continue skimming until there is no longer any scum rising to the surface.
- Add any acid—such as neutral-flavored vinegar like white vinegar or apple cider vinegar to help draw nutrients from the bones.
- Add water as necessary to cover the bones throughout the cooking process.
- As fat rises to the surface, you can skim and discard it, or you can pass it through a fine-mesh strainer and reserve it for use as a cooking fat.
- Prep your vegetables by roughly chopping them into uniform sizes. Peel onions, because the outer peel can easily burn, imparting a burnt flavor.
- If you plan to make a broth as described above, go ahead and add the vegetables and herbs as soon as you are done skimming. If you plan to simmer the broth for 1 or 2 days, do not add your vegetables or herbs until the final 8 hours or so. If using parsley or any other herbs with fine leaves, wait until the final hour to add these, as they can burn quickly, imparting a burnt flavor.
- Return the broth to a simmer for the remainder of the desired cooking time. At this point you do not need to add any more water. The purpose of the last leg of the simmer is to pull the flavors from the vegetables and herbs as well as concentrate the gelatin and nutrients through some evaporation.
- Add parsley, celery, or any other delicate greens, if desired. Let simmer for another hour.
- That's it. Time to strain! Prepare an ice bath in your kitchen sink with cold water and ice cubes. Pass the broth through a fine-mesh strainer into another pot or container, preferably metal, since it's a better temperature conductor, then place in the ice bath.

Before the broth cools, be sure to grab a nice big mugful to sip on, or use it right away to make a recipe from this book! After your broth has cooled completely, it's time to transfer it to storage containers. Because broth is a real food, it can spoil easily if you don't store it properly. Depending on how quickly you plan to use it, you can either refrigerate or freeze your broth:

Refrigerating: We like to store refrigerated broth in wide-mouthed jars, such as Mason jars, so we can scoop out the broth with a spoon or spatula when it's gelled. Broth will keep in the fridge for 7 to 10 days.

Freezing: Transfer your cooled broth to freezer-safe containers and be sure to seal properly. Pour any extra broth into ice cube trays so you can pop them out and use as needed—like bouillon cubes, but way better. Short on freezer space? Try simmering your finished broth to reduce its volume by half. This will concentrate the liquid, which can easily be reconstituted by adding water when you are ready to use it. Your broth will last in the freezer for up to 1 year.

A NOTE ON VEGETABLE AND FISH BROTHS

While vegetable broths may not contain gelatin or the same nutrients as broths made by simmering bones for multiple days, we felt it necessary to include recipes for vegetable-based broths. They can be made from just about any vegetable or combination of vegetables, and are a great way to add flavor and micronutrients to an array of dishes. Fish broths such as Japanese dashi, made from dried seaweed and dried fish, or shrimp stock, made from the shells of shrimp, can also be used a number of ways to bring flavor and nutrients to your cooking. We've included a few of these types of broths and their applications throughout this book.

There's one more caveat to consider before embarking on your own broth adventure: No two batches of broth will be identical. The exact ratios of the various nutrients in your end product will depend on a number of factors, including but not limited to the age of the animal when it was slaughtered, the amount of time you simmer your broth, and the ratio of bones to water that you use. The flavor will vary from batch to batch as well—and that's part of the fun. Each time you make a pot, you will discover your own new secrets for improving, refining, and adding more deliciousness to your broth.

BONE BROTH FAQs

Here are some of the most frequently asked questions we receive from bone broth newbies:

What's the difference between stock and bone broth?

Stock and broth are both made by simmering the bones, joints, and feet of animals; the major difference between the two is cooking time. There are plenty of exhausting explanations highlighting the minutia in difference between these terms, but few of them really offer much insight because they are often compared instead of contrasted. Here are some key differences:

Stock:

Stocks are a great base for sauces and soups and are also used for braising meats and vegetables. They're typically made with bones containing little to no meat or joints. Depending on the desired result, bones may be roasted for added richness and color. A mirepoix of basic aromatics (a 2:1:1 ratio of onions, carrots, and celery) is traditionally used in stocks, and the vegetables may also be roasted for added color and flavor. Stocks are simmered anywhere from a few hours (for fish) up to 8 hours (for beef or veal) and contain some gelatin, resulting in a heavy flavor and body. Because of the shorter cooking time, stock contains fewer nutrients than bone broth.

And some stocks can contain less nutrient value than others if they're made from bones that have already been boiled once. For example, when making a veal stock as a base for sauces, chefs will often create what's called a *remouillage*. The French term for "rewetting," a *remouillage* is stock made by reusing the bones left from making another stock along with fresh vegetables. This is usually a multiday process designed to extract as much gelatin from the bones as possible. It is finished by combining the two stocks and reducing them by half to concentrate the gelatin and flavor.

Bone Broth:

Bone broths also make a great base for soups, stews, and myriad other dishes. They are simmered for at least 24 hours and up to several days. This allows as many nutrients as possible to be pulled from the bones, creating a liquid containing a highly concentrated amount of protein, minerals, and nutrients. Bones, vegetables, and other aromatics can be used, sometimes roasted, for added flavor and depth—similar to stocks. However, these vegetables and aromatics are added much later in the cooking process to prevent them from burning.

The difference between the 8-hour simmer and a 24- to 48-hour simmer is really where you find bone broth. Think about it. If you took two pots, added the same amount of bones and feet to each, and then simmered one for 8 hours and the other for 24 hours, which resultant broth would taste richer and contain more nutrients? So, while a bone broth can be a stock, a stock cannot be a bone broth.

Can I use a pressure cooker?

Yes. While we prefer cooking broth on the stovetop, a pressure cooker is a great option for those who are busy and do not have the time to monitor an open flame.

Where can I get bones?

Most meat markets and butcher shops will have a variety of bones. Many supermarkets will also have a small selection of bones in the meat area of the store—sometimes you just have to ask. If you can't find bones at your local butcher or grocery store, there are a number of online suppliers that will ship quality bones to your door.

Which bones should I use?

You should use any bones you can get your hands on! Joints and feet will contain the most collagen and will yield a broth with higher gelatin content. Femurs, knuckles, necks, and spines will also produce some awesome bone broth.

But do I have to use bones from grass-fed animals? Pastured? Organic?

You don't *have* to do anything, but if your ultimate goal is to drink and eat broth for health, you probably *want* to use only grass-fed, pastured, or organic bones. Just as animals harbor a whole host of life-giving nutrients in their bones, they also harbor many of the toxins they've ingested throughout their lives. And because you're extracting as much as possible from those bones when making broth, you don't want to be using the frames of sick animals that were raised on a diet of antibiotics and questionable feed. If you want to eat clean, a good rule of thumb is to consume only the animals (and their parts) that ate equally clean.

Can you reuse bones to make more broth?

Absolutely. Some people will even use the same bones to make a “perpetual broth” by continually simmering the bones for as long as a week and adding more water as broth is taken out. But it's important to be aware that you're probably getting less nutritive value from the bones the more times—or the longer—you simmer them.

Does the ratio of vegetables to bones matter?

Yes. This is a personal preference, however. A good rule of thumb is to use half the volume of vegetables as you have bones. So, if you have 6 pounds of bones, you would use 3 pounds of vegetables.

Why should I use vinegar?

The acid in vinegar helps pull the nutrients from the bones into the liquid. Use 1 tablespoon of any neutral-flavored vinegar such as white or apple cider for every pound of bones.

Can I use wine instead of vinegar?

Definitely! Wine is also an acid that acts in much the same way vinegar does to extract minerals and other good stuff from the bones. Most cooks recommend using red wine for beef broth and veal broth, and white wine for chicken, pork, fish, and shrimp broth.

Do I have to skim the fat?

It's totally up to you. Although some people (Kate included) like a little healthy animal fat in their bone broth, most folks prefer the pure, clarified broth that comes from skimming. If your broth is coming out cloudy, chances are you didn't skim enough and the fat got emulsified into the broth.

What do I do with all the fat I've skimmed off?

Save it! Seriously. It's great for cooking, and you will regret it if you don't have some on hand when you get to the recipe for Yucca Root Fries ([chapter 10](#)). We like to collect our broth fat in a container that we then strain (with that fine-mesh strainer) into a bowl or pot and refrigerate it. Once the fat has hardened, take the container out of the fridge, run a small knife around the edges, and gently remove the fat in one piece. On the underside, you may find some gelatinous broth that escaped with the fat. Use a spatula to scrape the broth off your tallow, then cut the fat into pie-shaped pieces. Wrap and freeze what you won't be using right away.

NOTE: This works best with the fat from beef and chicken broth.

How long should I cook my bone broth?

If you are going for ultimate nutrient content, then we suggest at least 24 hours. You don't really need much more than this for chicken. Beef, veal, and pork bones are a bit larger and denser, so we recommend cooking these for 30 to 48 hours to extract as much flavor and nutrition from the bones as possible.

48 hours!?

Worst-case scenario when making broth at home is simmering all of your water away, causing the solids in the pot to begin to burn. We have, regrettably, done this on more than one occasion, but have yet to burn our house down. If you are worried about leaving an open flame on all day or night, use a slow cooker. The slow cooker is the easiest piece of cooking equipment to use and is especially great

if you're new to cooking. You can always split up the process into multiple days; however, this will require you to cool and refrigerate the broth, which will require sufficient space in your refrigerator. It is much less work to make your broth in one session. We suggest making as much broth in one go as possible and storing for future use—a single day lazing around the house with an eye on the pot will leave you with months' worth of nutritious broth at your disposal.

Why isn't my broth "gelling"?

This is probably the most common question we get asked, since the "jiggle factor" is widely viewed as a marker of a successful bone broth. A number of things can influence this, the most common being the bone type and cooking time. If you don't cook the broth long enough, you won't extract enough of the collagen. If you use only beef femur bones, chances are your broth will not gel because there isn't much collagen in femur bones. Even just using chicken carcasses and no feet will probably produce a broth that doesn't gel. Try to use a good mix of bones and a 1:1 ratio of bones to joints, feet, and other parts of the animal that contain collagen and connective tissue. At the end of the day, if you cooked your broth for 24 hours and it doesn't gel, you have still succeeded. All too often, we hear and read about bone broth failures because there's no gel. It's not always about the gel. What's more important is that you're using the whole animal. We promise, your bone broth will still be packed full of nutrients even if it doesn't jiggle.

What else can I add to my broth to make it taste better?

Most people include a mirepoix of 2 parts chopped onions, 1 part chopped carrots, and 1 part chopped celery. The mirepoix, especially when paired with a splash of wine or vinegar, is not only a fragrant and flavorful addition, but it also helps to acidify the water. Whether you opt to use a mirepoix or not, you can also include herbs and spices such as ginger, turmeric, parsley, and thyme to improve your broth's flavor. Other flavor enhancers include lemon, garlic, tomatoes, tomato paste, mushrooms, red pepper, and black pepper. Basically, anything you would use to season your meat you can use to season bone broth.

What do I do with my broth?

The short answer is, whatever you want. You can sip it like a tea, make juices and smoothies with it, use it as a base for stews, and cook all manner of other foods with it. We'll get to that soon enough . . .



Chapter 4

BROTHS & STOCKS





BONE BROTH STARTED OUT AS THE HUNTER'S SUSTENANCE—A WAY TO GET THE NOURISHMENT AND FLAVOR OF MEAT ONCE THE MEAT WAS ALL GONE—AND EVOLVED INTO THE POOR MAN'S SUBSTITUTE FOR PROTEIN HE COULD NOT AFFORD.

But just as the big bad food critic learned in the movie *Ratatouille*, these modest foods are often the ones that hold the strongest emotional connection for us. Broth advanced from necessity to comfort food, and eventually rose from its lowly origins to become a critical ingredient for chefs at fine-dining restaurants, adding richness, fullness, and perhaps a touch of nostalgia to four-star dishes.

But broth does not boast its presence; it humbly supports the ingredients with which it's paired. This chapter is the foundation for all of the recipes that are to come in the later chapters. Like Escoffier advised, if you don't learn how to make a proper bone broth, you'll be hard-pressed to cook anything with it that transcends mediocrity. But once you've honed your broth-making skills, you will have opened up an entirely new world of depth and flavor possibilities for the rest of your culinary undertakings.

Making bone broth the traditional way isn't difficult; it just takes patience. The patience part can be hard, at first. But bone broth, for better or worse, is one of those simple pleasures that we will never be able to produce instantly. And it's well worth waiting for. Don't get fooled into thinking you can take a shortcut and achieve the same results. Escoffier would roll over in his grave, of course, but more tragically, you would be robbing yourself of the full benefits that make traditional stock worth the effort and the wait. Once you have mastered the simple art of making bone broth, it's easy to eliminate the waiting step by keeping a steady supply of stock in the freezer, in the fridge, and on the stovetop, as needed and desired.

CHICKEN BONE BROTH

YIELD: 4 QUARTS | PREP TIME: 20 MINUTES | COOK TIME: 20 HOURS

This is how we make chicken bone broth at home. If you'd like, you can switch out the herbs and vegetables for others you prefer. For example, you could add leeks, celery, or a different type of onion. Roast the vegetables first for added depth of flavor and color.

Be sure to keep the ingredients covered by adding water just to cover throughout the simmering process. The pot can be left overnight to simmer on your stove; however, be sure there is enough liquid in the pot before you go to bed, and keep the flame low. Too much evaporation will result in a burnt batch.

- 2 whole chickens
- 1 pound chicken feet
- ¼ cup apple cider, white, or white wine vinegar
- 6 to 8 quarts cold water, or as needed to cover ingredients
- 4 cups ice cubes
- 3 carrots, peeled and halved
- 4 onions, peeled and halved
- 3 sprigs fresh thyme
- 3 sprigs fresh rosemary
- 3 bay leaves

PREHEAT the oven to 350°F.

REMOVE the wings, thighs, drumsticks, and breasts from the chickens.

PLACE the carcasses, wings, necks, and innards that came inside the chicken on a baking sheet and place in the preheated oven. Roast until golden brown, 20 to 25 minutes. For a lighter flavor, skip this step. If you're planning to drink the broth by itself, or with herbs or seasonings, this step adds a nice depth of flavor, umami, and richness our tongues can't get enough of.

PLACE the bones, feet, and vinegar in a stockpot or slow cooker, at least 10 quarts in size, and cover with the cold water. If using a stockpot, bring the water to a boil over high heat. If using a slow cooker, turn the temperature to high. Once simmering, reduce heat to low, cook for 30 minutes, skimming and discarding the scum that rises to the top. Add the ice and skim off any fat that congeals on the top along with any other scum or impurities. Simmer uncovered for 12 to 15 hours, adding more water as necessary just to keep the bones covered.

ADD the carrots, onions, thyme, rosemary, and bay leaves and simmer for another 5 hours. Continue to skim off any impurities; add water as necessary to keep the ingredients covered.

GENTLY strain or ladle the liquid through a fine-mesh strainer into a container. Fill your sink with ice water. Place the container of broth in the ice bath to cool for about 1 hour. Use the broth right away, or cover and refrigerate for up to 1 week, or freeze for up to 1 year.

REMOVE any fat that has solidified on the top before using. You may discard this fat or use it as you would any other cooking fat (see [chapter 3](#) for details).

BEEF BONE BROTH

YIELD: 3 QUARTS | PREP TIME: 45 MINUTES | COOK TIME: 24 HOURS

Beef broth is the base of so many unique dishes around the world, including our personal favorite, pho. Nothing beats a good bowl of pho on a cold and rainy afternoon.

The depth and umami in a good beef broth comes from browning the bones and meat. This process of browning is known as the Maillard reaction. Simply put, this is a chemical reaction where simple sugars and amino acids are rearranged. Heat can speed up this reaction; however, at 355°F a new reaction occurs: pyrolysis, more commonly known as burning. Adequate water will prevent this reaction, since the temperature of the bones will not climb above the boiling point of water.

- 2 pounds beef knuckle bones
- 2 pounds beef femur bones
- 2 pounds bone-in beef short ribs
- 1 oxtail, pig's foot, or several chicken feet
- 1 pound carrots, chopped
- 2 onions, peeled and chopped
- 1 leek, white and pale green parts, chopped
- 6-8 quarts water, or as needed to cover ingredients
- 2 tablespoons apple cider, white, or white wine vinegar
- 6 sprigs fresh thyme
- 2 bay leaves

PREHEAT the oven to 400°F.

ON a baking sheet or two, spread out the knuckle bones, femurs bones, short ribs, and oxtail in an even layer and roast in the oven for 35 to 40 minutes, until golden brown.

ON a separate baking sheet, spread out all the vegetables in an even layer and roast in the oven for 15 minutes.

WHEN the bones are roasted, transfer them to a stockpot or slow cooker, cover with the water, and add the vinegar if desired. If using a stockpot, place the pot on the stovetop over high heat and bring to a boil, then reduce to a simmer. If using a slow cooker, set the temperature to high; reduce heat to low after broth starts to boil.

SKIM off the fat and scum that rises to the surface and, if you wish to save the fat for future use as a cooking fat, pass it through a strainer into a storage container. Continue the skimming process for a few hours as the fat and scum rise to the surface.

CONTINUE simmering for up to 24 hours, skimming as necessary. Add the vegetables and herbs to the stockpot or slow cooker when you have about 5 hours left on your intended cook time.

GENTLY strain or ladle the liquid through a fine-mesh strainer into a container. Fill your sink with ice water. Place the container of broth in the ice bath to cool for about 1 hour. Use the broth right away, or cover and refrigerate for up to 1 week, or freeze for up to 1 year.

TURKEY BONE BROTH

YIELD: 4 QUARTS | PREP TIME: 50 MINUTES | COOK TIME: 13 HOURS

Who doesn't love roasted turkey?! Everything about it warms the soul—the smell, the taste, the post-Thanksgiving dinner food coma. This recipe captures all of these associations, save the food coma, into a perfectly delightful sipping broth.

- 1 whole turkey, trimmed, innards reserved
- Sea salt, as needed
- 20 cups water, or as needed to cover ingredients
- 2 onions, peeled and chopped
- 1 carrot, chopped
- 1 celery stalk, chopped
- 2 bay leaves
- 1 teaspoon black peppercorns
- 4 sprigs fresh thyme
- 4 sprigs fresh rosemary
- 2 tablespoons apple cider, white, or white wine vinegar

PREHEAT the oven to 375°F.

REMOVE the breasts, thighs, and wings from the turkey carcass. Spread the turkey parts out in an even layer on a large baking sheet, along with the neck and any innards that came with the turkey. Dust everything with sea salt and place in the preheated oven. Roast until golden brown, about 40 minutes.

TRANSFER everything from the baking sheet to a large stockpot or slow cooker. Cover with the water and bring to a boil over medium-high heat, then reduce the heat to medium. Skim off the fat and scum that rises to the top and discard; this process takes about 1 hour. Add vinegar, peppercorns, thyme, and rosemary.

CONTINUE to simmer for 8 hours, adding water as necessary just to keep the bones covered. Add vegetables in the last 5 hours of cooking.

GENTLY strain or ladle the liquid through a fine-mesh strainer into a container. Fill your sink with ice water. Place the container of broth in the ice bath to cool for 1 hour. Use the broth right away, or cover and refrigerate for up to 1 week, or freeze for up to 1 year.





PORK BONE BROTH

YIELD: 4 QUARTS | **PREP TIME:** 50 MINUTES | **COOK TIME:** 15 TO 20 HOURS

Pork hocks, necks, and hooves are usually available at your local butcher or grocers' meat department. In fact, we find that pork bones are more readily available than any other animal. This is great because pork makes for a super-gelatinous broth while keeping a much milder flavor than chicken or beef, making it the perfect base for sauces. If you can't find all of these bones, in these quantities, don't worry. Remember, broth has been made for centuries with no recipes or bone broth commandments. Just adjust your vegetable and water ratios accordingly.

- 2 to 3 pounds pork hocks
- 2 to 3 pounds pork necks
- 2 to 3 pounds pork hooves
- 20 cups water
- 2 tablespoons white or apple cider vinegar
- 2 onions, peeled and chopped
- 1 carrot, chopped
- 1 celery stalk, chopped
- 2 bay leaves
- 1 teaspoon black peppercorns
- 4 sprigs fresh thyme

PREHEAT the oven to 350°F.

ON a baking sheet, spread out the pork hocks and necks in an even layer. Roast until golden brown, about 40 minutes.

IN a large stockpot or slow cooker, combine the hocks, necks, and hooves. Cover with the water, and bring to a boil over medium-high heat, then reduce the heat to medium. If using a slow cooker, set the temperature to high. When broth begins to boil, reduce slow cooker temperature to low. Skim off the fat and scum that rises to the top and discard. It usually takes about 1 hour for the scum and impurities to rise.

ADD the remaining ingredients and continue to simmer for 15 to 20 hours, adding water as necessary to just keep the bones covered—this is key to yielding a gelatinous bone broth. If using a stockpot, be vigilant about checking the water level. We've burned plenty of batches, and recommend using alarms to prevent burning your precious broth.

GENTLY strain or ladle the liquid through a fine-mesh strainer into a container. Fill your sink with ice water. Place the container of broth in the ice bath to cool for about 1 hour. Use the broth right away,

or cover and refrigerate for up to 1 week, or freeze for up to 1 year.

BLACK PEPPER AND NUTRIENT ABSORPTION

In a society that practically obsesses over increasingly creative mouth-scorching hot sauces, it's easy to take black pepper for granted. But just as it plays a supporting role to salt at the dinner table, black pepper plays an important supporting role in our diets.

The most important of these is its ability to increase our nutrient absorption—by as much as 2,000 percent, according to one study. That's a lot! This is because black pepper contains a naturally occurring compound called piperine. Researchers have found that piperine can dramatically increase the absorption of anti-inflammatories such as selenium, curcumin, coenzyme Q10, vitamins B and C, and more. This is an extraordinarily useful property, as it doesn't matter how well we eat unless our bodies are able to capture those nutrients and put them to good use.

Black pepper aids in healthy digestion by stimulating enzymes in the pancreas and reducing the amount of time food spends in the gastrointestinal tract. Piperine, a known antioxidant, also supports our sleep cycles and brain function by boosting our serotonin and melatonin production.

The piperine found in black pepper even has antidepressant-like effects because of the increases in serotonin and melatonin, along with its natural ability to raise dopamine levels.

VEAL BONE BROTH

YIELD: 4 QUARTS | PREP TIME: 50 MINUTES | COOK TIME: 22 HOURS

Veal bones make a pretty darn good broth. In fact, when properly made, veal stocks and broths make the best sauces. Because veal bones are so young, they contain much more connective tissue than older animals, and consequently yield a more gelatinous product. Veal stock is the secret weapon for chefs worldwide. If you've ever had a fancy dinner with a super-rich and silky sauce that hugs your tongue, chances are it was made with a veal stock.

Every cook has his own method for making veal stock. Because broths tend to use more meat than bone, and this is a book on bone broth, we use bone-in short ribs to give a meatier, more umami flavor. Any cut of veal will work, but we prefer and suggest the cheaper cuts with or without the bone.

- 2 to 3 pounds veal knuckles
- 2 to 3 pounds veal femurs
- 2 pounds bone-in short ribs
- 3 cups red cooking wine
- 2 onions, peeled and chopped
- 1 carrot, chopped
- 1 celery stalk, chopped
- 4 sprigs fresh thyme
- 2 bay leaves
- 2 tablespoons white or apple cider vinegar
- 1 teaspoon black peppercorns
- 20 cups water

PREHEAT the oven to 375°F.

ON a baking sheet, spread out the knuckles, femurs, and short ribs in an even layer. Roast until golden brown, about 40 minutes.

IN a stockpot over medium-high heat, combine the red wine, onions, carrot, celery, thyme, and bay leaves. Simmer until the wine has almost evaporated, about 15 minutes. If using a slow cooker, transfer this mixture to the slow cooker at this time.

ADD the roasted knuckles, femurs, short ribs, vinegar, peppercorns, and water to cover the bones and vegetables. Bring to a boil over medium-high heat if cooking on the stovetop, or set the temperature to high if using a slow cooker. Reduce the heat to medium. If using a slow cooker, when the broth begins to boil, reduce slow cooker temperature to low. Skim the fat and scum that rises to the top and discard. It usually takes about 1 hour to skim all of the scum and impurities.

SIMMER for 15 to 20 hours, adding water as necessary just to keep the bones and vegetables covered.

GENTLY strain or ladle the liquid through a fine-mesh strainer into a container. Fill your sink with ice water. Place the container of broth in the ice bath to cool for about 1 hour. Use the broth right away, or cover and refrigerate for up to 1 week, or freeze for up to 1 year.

FISH STOCK

YIELD: 6 TO 8 CUPS | **PREP TIME:** 5 MINUTES | **COOK TIME:** 1 HOUR

Because fish has such a light and delicate flavor and not a lot of fat, it's often overshadowed by heartier stocks. But fish stock has a lot of flavor and adds depth to dishes like Shrimp Gumbo ([chapter 9](#)) or Summer Seafood Stew ([chapter 9](#)). And as an added bonus, making stock or broth from fish takes a fraction of the time it takes to make other bone broths. We enjoy buying whole fish from our local market and, after enjoying a delicious fish dinner, we use the carcasses for stock. Fish heads are especially great, since they contain a tremendous amount of omega-3 fatty acids, which are important components of cell membranes and are precursors for many other regulatory substances in our bodies.

- 1 teaspoon olive oil
- 1 pound fish bones
- 2 carrots, cut into small dice
- 1 onion, peeled and cut into small dice
- 1 celery stalk, cut into small dice
- 1 bay leaf
- 1 teaspoon sea salt
- ¼ cup dry sherry or vermouth
- Enough water to cover ingredients

IN a large pot over medium-high heat, combine the oil, fish bones, carrots, onion, celery, bay leaf, and sea salt. Sweat the mixture for 10 minutes, stirring frequently to prevent burning. Deglaze the pan with the sherry or vermouth and let reduce until almost evaporated.

COVER with water and bring to a boil. Reduce the heat until the liquid is gently simmering and let simmer for 45 minutes.

STRAIN the liquid into a container and use immediately, or cover and cool in an ice bath in the sink. Use the broth right away, or cover and refrigerate for up to 1 week, or freeze for up to 1 year.

WHY SEA SALT?

We use sea salt exclusively in these recipes and in our own meal preparation at home, not because regular old table salt is bad, but because sea salt is so dang good for you. Its crystals, formed by evaporating seawater, are larger and have more flavor than powdered table salt, and contain a host of minerals and elements essential to good health. Those nutrients, which include magnesium, calcium, potassium, iron, zinc, and iodine, are, for the most part, removed from table salt during the refining process. But the natural ratio of more than 80 minerals and other elements found in sea salt helps our bodies by keeping electrolytes in balance and promoting basic bodily functions.

Unfortunately, the term “sea salt” is also a blanket term for any salt derived from the sea. This means that many of the sea salts you will find in the supermarket are also refined to be similar to table salt, so buy with caution. We recommend Celtic sea salt and Himalayan rock salt. Celtic sea salt is a naturally moist salt, which is harvested off the coast of France, and is unrefined, therefore containing all of the 84 beneficial elements found in seawater. Himalayan rock salt, although not a sea salt, which is widely revered as the purest salt available, has all of the same properties of Celtic salt. Using even just a pinch of one of these natural supplements every day can help regulate your body’s water content, promote a healthy pH balance, and help with the absorption of food particles.

We’ve gotten used to paying mere pennies for table salt, so you may experience a little sticker shock when you purchase a pure sea salt for the first time. Just remind yourself that with salt, a little goes a long way, so it’s not something you’re going to buy often. It’s a low-risk investment in a natural supplement for your current and future health.

SHRIMP STOCK

YIELD: 6 TO 8 CUPS | PREP TIME: 5 MINUTES | COOK TIME: 1 HOUR

Another incredibly versatile addition to seafood soups and stews, shrimp stock takes even less time to prepare than fish stock. The shells are quite small and fragile, requiring just over a half hour of cooking to release flavor and nutrients. Just like with fish, we always buy the whole shrimp with shells on. We suggest storing shells in the freezer and adding to your collection as you buy and eat shrimp. This will allow you to make a larger batch at once that can be used or frozen for future use.

- 1 teaspoon olive oil
- Shells from 2 pounds shrimp
- 2 carrots, cut into small dice
- 1 onion, peeled and cut into small dice
- 1 celery stalk, cut into small dice
- 1 bay leaf
- 1 teaspoon sea salt
- ¼ cup dry sherry or vermouth

IN a large pot over medium-high heat, combine the oil, shrimp shells, carrots, onion, celery, bay leaf, and sea salt. Sweat the mixture for 10 minutes, stirring frequently to prevent burning. Deglaze the pan with the sherry or vermouth and let simmer until almost evaporated.

ADD water to cover the shrimp shells and veggies and bring to a boil. Reduce the heat until the liquid is gently simmering and let simmer for 45 minutes.

STRAIN the stock into a container and cool in an ice bath in the sink. Use the broth right away, or cover and refrigerate for up to 1 week, or freeze for up to 1 year.



PHO BROTH

YIELD: 2 CUPS | PREP TIME: 5 MINUTES | COOK TIME: 50 MINUTES

Pho is, hands down, the ultimate comfort dish in our household, which is exactly why we wanted to dedicate a recipe specifically to the broth. The broth is the star of the dish, and has a unique flavor that we enjoy anytime, anywhere. We almost always have some on hand to heat up and sip when the craving hits. This and many other flavorful broths can be sipped as is—like a highly nutritious and satisfying tea—or they can become the star of your next meal. They are incredibly versatile and make great vehicles for any leftover meat or veggies.

- 1/8 teaspoon cardamom seeds
- 1 cinnamon stick
- 2 star anise pods
- 1 1/2 tablespoons black peppercorns
- 1 teaspoon fennel seeds
- 1/2 onion, peeled and thinly sliced
- 2 slices fresh ginger, each about the size of a quarter
- 3 cups Beef Bone Broth ([chapter 4](#))
- 1/4 cup fish sauce

TOAST all the spices in cast-iron pan over medium heat for 3 to 4 minutes, stirring constantly, until aromatic. Transfer to a saucepan.

ADD the onion and ginger to the hot cast-iron pan and toast, stirring for 5 minutes. Add the onion and ginger to the saucepan and sweat for 5 minutes, stirring occasionally.

ADD the beef bone broth and fish sauce and simmer on low heat for 30 minutes, or until reduced to about 2 cups, to infuse the flavors. Strain and sip, or serve the broth with leftover brisket, pork, bacon, and your favorite pho fixings.

USE the broth right away, or cover and refrigerate for up to 1 week, or freeze for up to 1 year.

DASHI BROTH

YIELD: 4 QUARTS | **PREP TIME:** 5 MINUTES | **COOK TIME:** 5 MINUTES (SIT 1–2 HOURS)

Dashi is a Japanese cooking stock most often used as a base for miso soup. It can be used for everything from poaching potatoes and shrimp to making soups and sauces. While it may not be considered a “bone broth” by many definitions, we feel it has the requisite flavor, versatility, and healing properties to sit among the classics. It requires only two ingredients: kombu, which is dried kelp seaweed, and katsuobushi, or dried bonito, preserved and fermented skipjack tuna that has been dried and thinly shaved. Both kombu and katsuobushi can be found in most Asian markets. We really love dashi’s smoky flavor and will often sip it as we would a beef or chicken bone broth.

4 sheets dried kombu seaweed
16 cups cold water
2 cups katsuobushi shavings

IN a large stockpot, combine the kombu and water and bring to a boil. Turn the heat off, stir in the katsuobushi shavings, and let sit for up to 2 hours.

STRAIN the stock into a container and use right away, or refrigerate for up to 2 weeks, or freeze for up to 1 year.

Chapter 5

SIPPING BROTHS & DRINKS





IF YOU'VE NEVER CONSIDERED SIPPING BROTH STRAIGHT UP WITH YOUR FAVORITE BLEND OF HERBS AND SPICES, THEN YOU ARE TRULY MISSING OUT ON A TREAT. ONCE YOU START SIMMERING YOUR OWN BONE BROTH, YOU WILL QUICKLY ENCOUNTER THE TEMPTATION TO DIP A LADLE INTO THE MIXTURE LONG BEFORE IT'S DONE BECAUSE IT JUST SMELLS SO DANG YUMMY. WE WON'T LIE; WE'VE DONE THAT. AND THERE'S NO NEED TO BE ASHAMED ABOUT IT.

But running a small food business can sometimes put a wrench in our desire to live a healthy life, and to practice what we preach. In an effort to create more on-the-go options and to push the limits on broth's versatility as a whole food ingredient, supplement, and beverage, we've stumbled upon some pretty tasty and nutritious sipping broth creations. We've begun to think of bone broth as the (savory) protein bar of beverages. Sure, cooking with it is great, but what if you just don't have the time to make a full-fledged meal? Don't throw the bone broth out with the bones (see what we did there?). The beverages you discover in this chapter may just be the easiest way for you to begin incorporating real bone broth into your lifestyle in baby steps, with as little time and hassle as possible. And the flavor combinations, paired with the broth's natural umami essence, will change any preconceptions about what it might be like to sip broth straight from a mug. (In a good way.)

This chapter will show you how to season broth with flavors both expected and unexpected, such as coconut milk or honey, so you can sip this delightfully savory new beverage as you would a tea. We're also going to introduce you to ways you can include broth in your smoothies, juices, and even cocktails. Yes, you read that right. If tomato juice can have its own line of cocktails, so can broth. We're well aware that this may be outside your comfort zone, but here's where we ask for your open mind. Yes, it's hard to imagine bone broth in a cold, refreshing beverage—until you've tried it.

The best part is that this is only the start. Once you've tried some of these recipes, you will feel inspired to start developing your own. Just as you can complement meat with practically any fruit or vegetable, so can you blend surprising flavors in with your bone broth and truly enjoy the results. Here, you will learn that bone broth can become a part of practically any beverage ritual you may already have, and—we believe—even improve upon it.

COCONUT and LIME SIPPING BROTH

YIELD: 2 CUPS | **PREP TIME:** 10 MINUTES | **COOK TIME:** 5 MINUTES

We love using coconut milk in our cooking. Not only is it flavorful, but it's also a great way to sneak healthy fat into your diet. Speaking to broth's versatility, this recipe can be sipped like a hot beverage or used as a base for soup. If you want to make it into a meal, just add grilled chicken and mushrooms and you can have a healthy stew in under 20 minutes.

- 2 cups Chicken Bone Broth ([chapter 4](#))
- ¼ cup peeled and minced fresh ginger
- 1 cup coconut milk
- Juice of 2 limes
- 1 teaspoon sea salt

IN a saucepan over medium-high heat, combine all the ingredients and bring to a simmer. Cook for 5 minutes, then transfer to a blender and blend until smooth. Alternatively, you can blend the mixture using an immersion blender or in a food processor.

STRAIN the broth through a fine-mesh strainer and serve, or cool, cover, and refrigerate it. The broth will last for up to 1 week in the refrigerator, or 1 year in the freezer.

BEEF, TOMATO, and CLOVE SIPPING BROTH

YIELD: 2 CUPS | PREP TIME: 5 MINUTES | COOK TIME: 5 MINUTES

Like many Americans, we grew up eating tomato soup with grilled cheese. And it would have been a crime to serve one without the other. When we removed gluten from our diet, eating tomato soup just wasn't the same without a crispy, cheesy sandwich to dunk into the soup. Our solution was to capture the nostalgia of the tomato soup in a beverage instead of a meal. Nowadays, we don't even miss the sandwich!

- 10 cherry tomatoes, halved
- 1 tablespoon tomato paste
- 1 tablespoon ghee or butter
- 3 whole cloves
- 2 tablespoons sea salt
- 2 cups Beef Bone Broth ([chapter 4](#))

IN a small pot over medium-high heat, combine the tomatoes, tomato paste, ghee or butter, cloves, and salt. Let sweat for 5 minutes, stirring frequently.

ADD the beef bone broth and bring to a simmer. Once simmering, lower the heat to medium and let cook for 5 minutes. Blend the mixture in a standard blender or right in the pot using an immersion blender.

STRAIN the broth through a fine-mesh strainer into glasses and serve immediately, or cool, cover, and refrigerate. The broth will last for up to 1 week in the refrigerator, or 1 year in the freezer.

BEEF, GINGER, TURMERIC and CHILE SIPPING BROTH

YIELD: 2.5 CUPS | PREP TIME: 5 MINUTES | COOK TIME: 15 MINUTES

This recipe was an instant hit for us because you can hardly taste the meatiness of the beef, making it much more comparable to other healthy beverages such as juice and kombucha, while remaining savory at its core. It's the perfect sipping broth for the uninitiated—soon to be the converted.

- 2 serrano chiles, seeds and ribs removed, diced
- 1 thumb-size piece fresh ginger, peeled and minced
- 1 tablespoon ghee or butter
- ¼ teaspoon ground turmeric
- 1 tablespoon honey
- 2 teaspoons sea salt
- 3 cups Beef Bone Broth ([chapter 4](#))

IN a small pot over medium-high heat, combine the chiles, ginger, ghee or butter, turmeric, honey, and sea salt. Cook for 5 minutes, stirring frequently.

ADD the beef bone broth and bring to a simmer. Cook for 10 minutes, then blend using a standard blender or with an immersion blender.

STRAIN the broth through a fine-mesh strainer into glasses and serve immediately, or cool, cover, and refrigerate. The broth will last up to 1 week in the refrigerator, or 1 year in the freezer.

BONE BROTH BULL SHOT

SERVES: 1 | PREP TIME: 5 MINUTES

Essentially a Bloody Mary with a beef consommé or bouillon replacing the tomato juice, the Bull Shot was wildly popular in the mid-1900s. The original drink most likely used commercial bouillons, instead of slow-simmered beef stocks and broths. We've reinvented it by using beef bone broth in place of bouillon and swapped out the vodka for bourbon.

- 1 cup Beef Bone Broth ([chapter 4](#))
- 1 shot bourbon
- ½ teaspoon hot sauce
- 1 tablespoon tomato sauce or juice
- 1 teaspoon Worcestershire sauce
- Dash of fresh lemon juice
- Pinch of sea salt
- 1 celery stalk, for garnish

IN a blender, combine all the ingredients except the celery and blend until smooth. Alternatively, serve it hot by heating the mixture in a small saucepan over medium-high heat.

SERVE immediately in a glass, garnished with the celery stalk.

ROSEMARY and GARLIC SIPPING BROTH

YIELD: 2.5 CUPS | PREP TIME: 5 MINUTES | COOK TIME: 17 MINUTES

Rosemary and garlic are a perfect pair. In this savory drink the warm garlic and fragrant rosemary complement each other beautifully and make one of the best seasonings for chicken broth. Because of its richness and protein content, this drink can hold its own as a meal replacement when you're on the go.

- 1 tablespoon olive oil
- 3 garlic cloves, chopped
- 1 teaspoon sea salt, plus more if needed
- 2 tablespoons chopped fresh rosemary
- Juice of 1 lemon
- 1 teaspoon garlic powder
- 3 cups Chicken Bone Broth ([chapter 4](#))

IN a saucepan over medium-high heat, combine the oil, chopped garlic, and sea salt. Cook for 5 minutes, stirring occasionally. Add the rosemary and cook, stirring, for 2 minutes more.

ADD the lemon juice, garlic powder, and chicken bone broth and bring to a boil. Reduce the heat to medium and simmer for 10 minutes. Transfer the mixture to a blender and blend for 2 minutes.

STRAIN the broth through a fine-mesh strainer into a serving pitcher or mugs and serve immediately. Season with additional sea salt if needed.

THE broth will last for up to 1 week in the refrigerator, or 1 year in the freezer.

SPINACH, APPLE, and TURMERIC SMOOTHIE

SERVES: 2 | PREP TIME: 10 MINUTES

Spinach and apples are a classic combination when it comes to smoothies and juices, and a little twist of turmeric packs an even greater health punch into this delicious breakfast or snack.

- 2 packed cups spinach
- 1 apple, cored and chopped
- 2 cups Beef Bone Broth ([chapter 4](#))
- ½ cup apple juice
- 1 cup ice
- ¼ teaspoon ground turmeric
- Juice of 1 lemon
- ½ lemon, sliced, for garnish

IN a blender, combine all the ingredients except for the lemon slices and blend until smooth, about 5 minutes.

POUR into glasses, garnish with the lemon slices, and serve immediately, or store, covered, in the refrigerator for up to 24 hours.

KALE and CHARD GREEN SMOOTHIE

SERVES: 2 | PREP TIME: 10 MINUTES

Making smoothies is a great way to hide broth in something sweet and refreshing. Since broth is most often used in savory dishes, it may seem a bit unorthodox to combine fresh fruits and veggies with broth, but I promise you the results are well worth the leap of faith.

- 2 kale stalks, tough ribs removed, leaves chopped
- 2 chard stalks, tough ribs removed, leaves chopped
- 1 apple, cored and chopped
- 2 cups Beef Bone Broth ([chapter 4](#))
- ½ cup fresh orange juice
- 1 tablespoon peeled and minced fresh ginger
- Juice of 1 lemon

IN a blender, combine all the ingredients and blend until smooth, about 5 minutes.

SERVE immediately, or store, covered, in the refrigerator for up to 24 hours.



CARROT and ORANGE SMOOTHIE

SERVES: 2 | PREP TIME: 10 MINUTES

If you have children, this smoothie is a great way to get some “broth-y” goodness into their little bodies. The flavor of the broth is hidden by the sweetness of the orange and carrot, so your little ones will never know that you’re essentially feeding them a multivitamin that will help their bones and muscles to grow big and strong!

- 1 cup carrot juice
- 1 cup fresh orange juice
- ¼ cup pineapple juice
- 2 cups Beef Bone Broth ([chapter 4](#))
- ¾ teaspoon ground turmeric
- Juice of 1 lemon
- ½ cup ice

IN a blender, combine all the ingredients and blend until smooth, about 5 minutes.

SERVE immediately, or store, covered, in the refrigerator for up to 24 hours.

BEET, GINGER, and COCONUT SMOOTHIE

SERVES: 2 | PREP TIME: 5 MINUTES | COOK TIME: 0 TO 20 MINUTES

Because beets naturally have an earthy flavor, they are rarely in contention as a smoothie ingredient. But trust us on this one, especially if you're using leftover beets from our Beef Tallow–Roasted Beets ([chapter 10](#)). Cooking beets with vinegar really draws out their natural sweetness, making them an ideal ingredient for smoothies. Not to mention they keep for a couple weeks in the fridge, making them a great ingredient to have on hand. Nothing beats a beet smoothie!

- 1 beet, peeled and diced (or leftover cooked beets from Beef Tallow–Roasted Beets on [chapter 10](#))
- 2 cups Beef Bone Broth ([chapter 4](#))
- 1 cup coconut milk
- 2 tablespoons peeled and chopped fresh ginger
- Juice of 1 lemon
- 1 tablespoon raw honey
- 1 teaspoon ground coriander
- 1 cup ice

IF using leftover cooked beets, combine all the ingredients in a blender and blend until smooth, about 5 minutes, then serve.

IF cooking the beet, combine the diced raw beet and 1 cup of the beef bone broth in a small saucepan over medium-high heat. Bring to a simmer and cook until knife-tender, about 20 minutes.

TRANSFER the beets and broth to a blender, add the remaining ingredients, and blend until smooth.

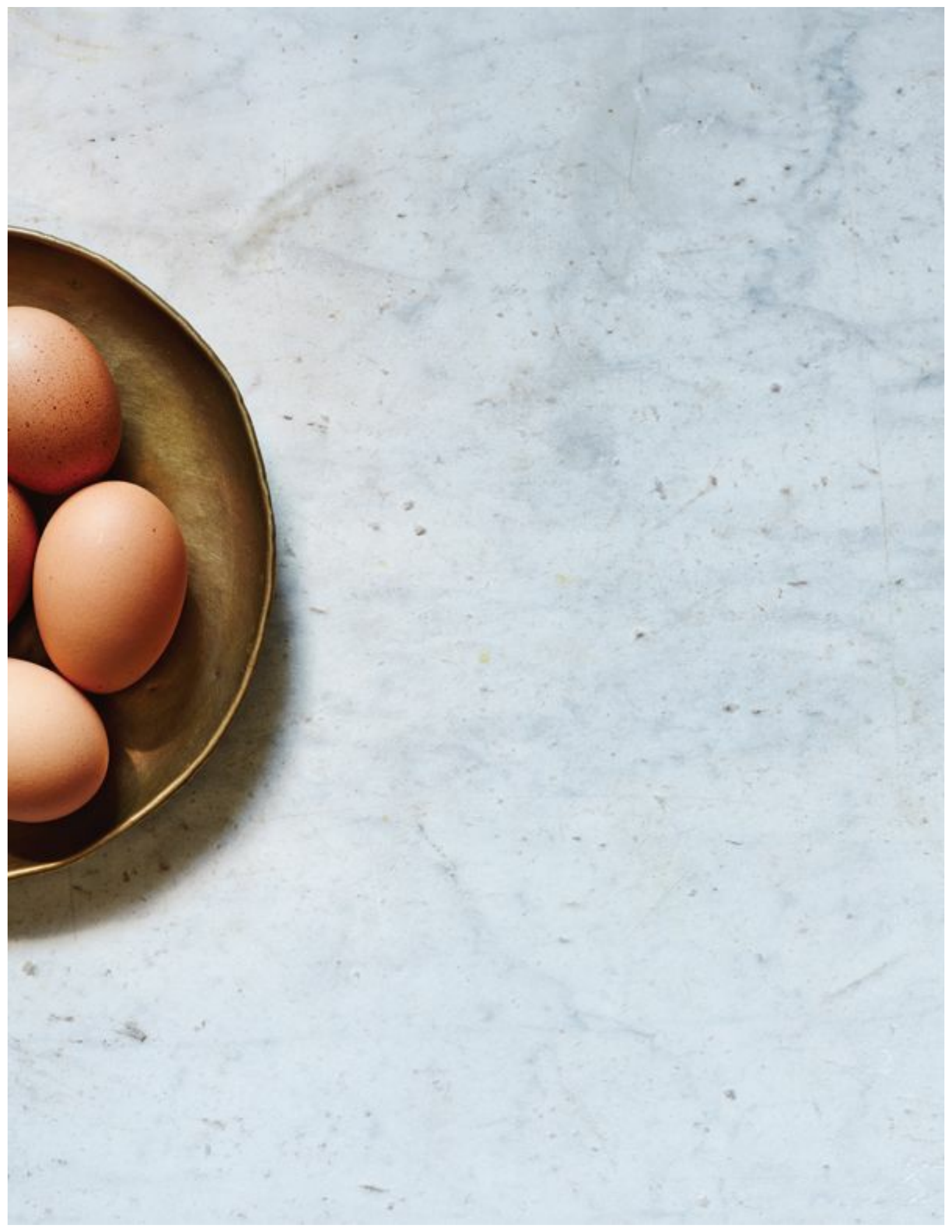
SERVE immediately, or store, covered, in the refrigerator for up to 1 week. Alternatively, you can freeze this drink into ice pops or ice cubes and thaw as needed. They will keep frozen for up to 6 months.



Chapter 6

EGGS & BREAKFAST





MAKING BREAKFAST WITH BONE BROTH MIGHT SOUND STRANGE, BUT THINK ABOUT IT: WE ALL KNOW THAT BREAKFAST IS THE MOST IMPORTANT MEAL OF THE DAY, SO GETTING THE DAY STARTED WITH THE RIGHT NUTRIENTS IS CRITICAL. RESEARCH HAS ALSO SHOWN THAT EATING PROTEIN—WHICH BROTH HAS IN SPADES—IS ONE OF THE BEST WAYS TO SUSTAIN A FEELING OF FULLNESS THROUGHOUT THE DAY, ESPECIALLY IN BETWEEN MEALS WHEN YOU MIGHT OTHERWISE FEEL THE URGE TO WOLF DOWN A DOUGHNUT AS A SNACK.

When we substitute broth for our coffee, we notice how quickly our morning hunger fades while our early day energy skyrockets and lasts through the afternoon. Sprinkle in a few chia seeds, or drink broth alongside your eggs, and you'll have met a significant portion of your daily protein needs before even walking out the door.

In some countries, and especially in Asia, eating and drinking broth for breakfast is a long-held tradition. In Vietnam, for instance, a standard breakfast consists of pho. But if you're not interested in breakfast soup, there are plenty of other ways to include bone broth in your first meal of the day. You can glaze vegetables, sauté eggs, soak grits, and cook up our gluten-free, dairy-free version of a breakfast classic, biscuits and sausage gravy, all thanks to the versatility of bone broth. Nobody ever said breakfast had to be sweet, so ready your taste buds for flavor-packed savory morning meals.



GLAZED VEGGIE FRITTATA

SERVES: 8 | PREP TIME: 20 MINUTES | COOK TIME: 20 MINUTES

Blanching root vegetables before sautéing them creates a soft and moist inside with a crispy brown exterior. In this case, the extra step lends your frittata a variety of flavors and textures. You can use this technique for carrots, radishes, beets, rutabagas, or any other root vegetable your heart desires.

- 2 tablespoons sea salt, plus additional for seasoning
- 2 parsnips, peeled and diced
- 2½ tablespoons ghee or olive oil
- 1 leek, white part only, chopped
- 1 portobello mushroom, stem removed, cap sliced
- 1 bunch kale, tough ribs removed, leaves chopped
- 3 tablespoons Chicken Bone Broth ([chapter 4](#))
- 10 large eggs, beaten
- 1 scallion, thinly sliced

PREHEAT the oven to 350°F.

BRING a pot of water to a boil with 2 tablespoons sea salt. Meanwhile, prepare a bowl of ice water.

BLANCH the parsnips in the boiling water and cook until knife-tender. Remove immediately and transfer to the ice bath to stop the cooking process. When cool, strain and set aside.

IN a cast-iron skillet over medium-high heat, add ½ tablespoon of the ghee or oil and heat until almost smoking. Add the parsnips and leek and cook until browned, stirring occasionally to cook evenly. Season with the sea salt, then transfer the veggies to a plate.

IN the same skillet over medium-high heat, add 1 tablespoon of the remaining ghee or oil and heat until smoking. Add the mushroom slices to the skillet in an even layer and cook until browned, turning as needed to brown each side. Stir in a pinch of sea salt, transfer the mushrooms to a plate, and reserve.

IN the same skillet over medium-high heat add the remaining 1 tablespoon ghee or oil. Add the kale and sauté until softened, about 2 minutes. Return the parsnips and leek to the skillet and combine with the kale. Add the bone broth and cook, letting the broth reduce and stirring occasionally, until the broth and ghee emulsify and evenly coat the vegetables.

ADD the beaten eggs and gently stir to evenly distribute the vegetables.

COOK over medium-high heat until the eggs begin to bubble, then transfer the skillet to the preheated oven and bake the frittata for 5 minutes. Remove the skillet from the oven and evenly scatter the reserved mushrooms on top. Return the skillet to the oven and bake the frittata for an additional 10 minutes, or just until the eggs begin to brown. Remove the skillet from the oven, cut the frittata evenly into slices, and garnish with scallion slices.

WE HEART CAST IRON

You may have noticed by now that we cook with cast iron a lot. In fact, in our kitchen, we cook almost exclusively on cast iron. True story: When Kate moved from Honolulu to San Diego a few years ago, she left behind all of her kitchen goods except for one: her Lodge cast-iron skillet. She took it in her carry-on!

Cast iron is our favorite surface for cooking because it retains heat and cooks super evenly. It's also inexpensive, durable, naturally nonstick, outrageously useful, and even has some health benefits. As its name would suggest, cast-iron pans can enrich your foods with additional iron.

The fact that they're naturally nonstick also means you don't run the risk of inhaling toxic fumes from artificial nonstick compounds found on other types of pans.

If we've persuaded you to start cooking with cast iron, here are a few care tips that will keep your pans bright, shiny, and functional for a lifetime.

1. Season your skillet first. Even if the packaging says it's preseasoned, a cast-iron skillet isn't truly ready to cook with until you've done a little seasoning on it yourself. There are dozens of online tutorials about how to do this, but the basics involve scrubbing it with soapy water and a stiff brush, rinsing and drying it thoroughly, applying a thin coat of oil to the interior surface of the skillet, and then baking it in the oven for an hour or so.

2. Hand wash and dry immediately after each use. Don't ever put these puppies in the dishwasher, and avoid using soap unless absolutely necessary.

3. Don't soak—again, unless absolutely necessary. Scrub with coarse salt and a paper towel if you need to, but avoid soaking when you can.

4. Coat with a thin layer of oil after every wash. This will protect the cast iron from moisture and the resulting rust.

Remember: The more you cook with it, the better it gets. Cooking with cast iron naturally seasons it, and if you follow these steps, your cast-iron cookware should stay bright and shiny for many years to come.

GLAZED ROOT VEGETABLE HASH

SERVES: 4 TO 6 | PREP TIME: 10 MINUTES | COOK TIME: 20 MINUTES

This colorful, rustic dish makes an impression at a weekend brunch. The broth is reduced until it's almost evaporated, creating a gelatinous and flavor-rich glaze that coats the vegetables perfectly. We suggest serving the hash with a poached egg, oozing its creamy yolk into all the nooks and crannies.

2 tablespoons ghee or olive oil
½ onion, peeled and cut into medium dice
½ red bell pepper, seeded and cut into medium cubes
½ yellow bell pepper, seeded and cut into medium cubes
1 small sweet potato, peeled and cut into medium cubes
1 small rutabaga, peeled and cut into medium cubes
1 small turnip, peeled and cut into medium cubes
¼ cup bone broth, any flavor ([chapter 4](#))
Sea salt
Leaves of 5 sprigs fresh cilantro or flat-leaf parsley, minced

IN a large skillet, preferably cast iron, over medium-high heat, heat the ghee or oil.

ADD the onion and sauté for 1 minute. Add the bell peppers, sweet potato, rutabaga, and turnip and cook the veggies until browned, about 8 minutes, stirring occasionally. Add the broth and reduce the heat to medium. Cook, letting the broth reduce until almost evaporated, 10 to 12 minutes.

SEASON to taste with sea salt and serve immediately, topped with the cilantro or parsley.

BUTTERNUT SQUASH BISCUITS and SAUSAGE GRAVY

SERVES: 4 | PREP TIME: 15 MINUTES | COOK TIME: 20 MINUTES

Growing up, Ryan's favorite food group was biscuits and gravy. Specifically, his grandmother's version. It was such a simple dish, yet he would eat it until he was sick. We're fairly confident this is common among biscuit-and-gravy enthusiasts, so we decided to give a more gut-friendly version a try.

- ½ cup chopped acorn or butternut squash (cut into small cubes)
- ½ cup Beef Bone Broth ([chapter 4](#)) or Pork Bone Broth ([chapter 4](#))
- 1 large egg, beaten
- 2 tablespoons almond flour
- 2 tablespoons coconut flour
- ½ teaspoon baking soda
- ½ teaspoon garlic powder
- 1 teaspoon sea salt
- 3 cups Sausage Gravy ([chapter 11](#))

PREHEAT the oven to 425°F. Line a baking sheet with parchment paper.

IN a medium saucepan over medium heat, cook the squash and bone broth until the broth has evaporated and the squash has softened. Mash the squash using a potato masher or a hand mixer, then mix in the egg.

IN a small bowl, mix the dry ingredients together. Fold the dry ingredients into the squash mixture and mix thoroughly until well incorporated.

USING a large spoon, scoop out spoonfuls of the mixture onto the parchment paper-lined baking sheet, spacing them evenly. Using your hands, if necessary, form the biscuits into rounds. Slide the sheet of biscuits into the oven, reduce the oven temperature to 375°F, and bake for 15 minutes.

REMOVE the biscuits from the oven and cool. Serve with a generous helping of the sausage gravy.



SHRIMP and ANDOUILLE with GRITS and FRIED EGGS

SERVES: 4 TO 6 | PREP TIME: 10 MINUTES | COOK TIME: 40 MINUTES

Shrimp and grits is one of those ethereal and profoundly comforting dishes synonymous with Low Country cooking here in the States. And because Kate grew up in Alabama, we simply had to have this dish among these pages. Grits are often prepared with water or a light stock, which we've replaced with a hearty bone broth. The difference in taste and texture is quite astounding, especially if you're used to preparing them with water.

3 cups Chicken Bone Broth ([chapter 4](#)) or Shrimp Stock ([chapter 4](#))
1 bay leaf
1½ cups grits
½ pound or 2 links smoked andouille sausage, sliced into ¼-inch pieces
2 tablespoons ghee, butter, or oil
1 pound extra-large shrimp, shelled and deveined
4 to 6 large eggs
Sea salt and freshly ground black pepper

IN medium pot, bring the broth to a boil over medium-high heat. Add the bay leaf, then slowly pour in the grits and cook for 2 minutes, stirring constantly. Reduce the heat to medium-low and continue to cook, stirring, until the grits begin to thicken and come to a simmer. Reduce the heat to low and continue to cook, stirring occasionally, until the grits are thick enough for your spoon to stand up in the pot.

MEANWHILE, in a cast-iron skillet over medium-high heat, cook the sausage until the edges have browned, then transfer the sausage to a plate. Add 1 tablespoon ghee, butter, or oil to the same skillet and reduce the heat to medium. Add the shrimp and sauté until pink, about 1½ minutes on each side. Toss the sausage back into the skillet and stir to combine with the shrimp.

REMOVE and discard the bay leaf from the grits, then spoon the grits onto serving plates, dividing it equally.

IN a separate small pan, add remaining ghee, butter, or oil and fry the eggs, one at a time, and place on top of the grits on each plate. Top each plate with the sausage and shrimp, dividing it equally. Season to taste with sea salt and black pepper.

SUNCHOKE BREAKFAST BOWL

SERVES: 4 | PREP TIME: 5 MINUTES | COOK TIME: 15 MINUTES

Breakfast bowls are quick and easy. We often whip these up using any leftover veggies we have in the refrigerator. The broth cooks the vegetables quickly by steaming and then reduces into a tasty glaze that coats everything in the pan.

- 1 tablespoon ghee or butter
- 4 sunchoke, well washed and cut into small dice
- 1 cup diced acorn squash
- 1 cup bone broth, any flavor ([chapter 4](#))
- 8 leaves mustard greens, roughly chopped
- 4 large eggs, beaten
- Pinch of sea salt
- Freshly ground black pepper

IN saucepan over medium-high heat, melt the ghee or butter. Add the sunchoke and squash and sauté until browned, about 3 minutes.

ADD the bone broth and mustard greens and cook until the broth has almost evaporated, about 5 minutes. Add the eggs to the pan, stir, and cook to the desired doneness.

SERVE immediately with a pinch of sea salt and some black pepper.

TURKEY-APPLE SAUSAGE PATTIES

SERVES: 4 | PREP TIME: 10 MINUTES | COOK TIME: 15 MINUTES

We love turkey-apple sausage for breakfast. These sausage patties make a great addition to any morning ritual and can even be made into burgers for an equally satisfying nighttime meal.

- 1/3 cup diced onion
- 2 tablespoons ghee or olive oil
- 6 dried mission figs, stemmed and quartered
- 1/3 cup chopped Granny Smith apple
- 1/4 cup Chicken Bone Broth ([chapter 4](#))
- 1/2 teaspoon sea salt
- 1/2 pound pork sausage
- 1/2 pound ground turkey
- 4 fresh sage leaves, thinly sliced

IN a cast-iron skillet or sauté pan over medium-high heat, sauté the onion in 1 tablespoon of the ghee or oil for about 2 minutes, until softened. Add the figs and apple and cook for another 2 minutes.

STIR in the bone broth and sea salt and cook until the broth has almost evaporated, about 4 minutes. Remove from the heat and transfer the mixture to a mixing bowl. Cool in the refrigerator for about 5 minutes.

ADD the pork sausage, turkey, and sage to the cooled mixture in the bowl. Using your hands, thoroughly mix the ingredients to combine. Divide the meat mixture into 8 equal parts and roll into balls, then flatten into patties.

IN the same cast-iron skillet over medium-high heat, add the remaining 1 tablespoon ghee or oil and heat for about 1 minute. Working in batches, add the patties and cook for about 4 minutes per side, until cooked through.

SERVE with scrambled eggs, Glazed Veggie Frittata ([chapter 6](#)), or Curried Scramble ([chapter 6](#)).



CURRIED SCRAMBLE with ARTICHOKEs and SUN-DRIED TOMATOES

SERVES: 2 | PREP TIME: 5 MINUTES | COOK TIME: 10 MINUTES

Here's another example of a one-pan breakfast bowl that can be whipped up in no time at all. Curry is a perfect match for eggs—it packs just enough heat and a load of anti-inflammatory power to start off your day. Artichoke hearts and sun-dried tomatoes add another layer of depth, while your choice of bone broth brings everything together.

- 1½ teaspoons olive oil
- 1 small sweet potato, peeled and diced
- ½ cup artichoke hearts, quartered after measuring
- 1 tablespoon chopped oil-packed sun-dried tomatoes
- ¼ cup bone broth, any flavor ([chapter 4](#))
- 4 large eggs
- 1½ teaspoons curry powder
- 1½ teaspoons ghee
- Sea salt and freshly ground black pepper
- 1 tablespoon chopped fresh cilantro

HEAT the olive oil in a cast-iron skillet over medium heat. Add the diced sweet potato and sauté for about 4 minutes, until fork-tender. Stir in the artichokes and sun-dried tomatoes and cook for 2 minutes more.

ADD the bone broth and increase the heat to medium-high. Cook, stirring occasionally, until the broth has reduced almost completely, about 4 minutes. Transfer the mixture to a plate and set aside. Wipe out the skillet.

IN a bowl, beat the eggs with the curry powder. Add the ghee to the skillet and melt it. Add the egg mixture and cook, scrambling the eggs to your desired degree of doneness,

COMBINE the scrambled eggs and sweet potato mixture in a bowl and divide onto plates. Finish each serving with a pinch of sea salt, some black pepper, and cilantro.

BRISKET QUINOA BOWL with FRIED EGGS

SERVES: 4 | PREP TIME: 10 MINUTES | COOK TIME: 35 MINUTES

We discovered the potential of quinoa as a breakfast food one morning when we used some leftover quinoa to make a scramble—and we’ve been hooked ever since. Quinoa is easy to prepare and reheats very well, making it the perfect leftover food to toss in a pan with some eggs. This recipe is pretty simple and incredibly versatile, with the broth really packing in flavor and nutrients.

FOR THE QUINOA

- 1 tablespoon ghee or olive oil
- ½ red onion, peeled and diced
- 1 cup quinoa
- ½ teaspoon sea salt
- 2 cups Chicken Bone Broth ([chapter 4](#))

FOR THE BREAKFAST BOWL

- 1 tablespoon ghee or olive oil
- 8 ounces leftover brisket, from Beef Brisket Pho ([chapter 7](#)), thinly sliced
- 2 packed cups spinach leaves
- 4 large eggs
- Chopped fresh flat-leaf parsley or chives, for garnish
- Pinch of sea salt and freshly ground black pepper

TO PREPARE THE QUINOA:

IN a skillet over medium heat, heat the ghee or oil. Add the onion and cook, stirring, until translucent, about 4 minutes. Stir in the quinoa and sea salt, then cook for 4 minutes more, stirring frequently. Add the bone broth, increase the heat to medium-high, and bring to a boil. Reduce the heat to medium and simmer for 18 to 20 minutes, until the quinoa is fluffy. Set aside.

TO ASSEMBLE THE BREAKFAST BOWL:

HEAT the ghee or oil in a sauté pan over medium heat. Add the leftover brisket and cook until crispy, about 2 minutes per side. Remove the brisket from the pan and set aside on a plate.

IN the same pan, crack the eggs and fry over easy, about 1 minute per side, flipping the eggs carefully with a spatula to avoid breaking the yolks. Fry only two eggs at a time to avoid overcrowding the pan. Sprinkle the eggs with sea salt and black pepper.

TO serve, place a scoop of quinoa into each bowl and top with an egg and the sliced brisket, dividing it equally. Sprinkle each serving with chopped fresh parsley or chives.

SCOTCH EGGS

SERVES: 5 | PREP TIME: 10 MINUTES | COOK TIME: 25 MINUTES

Think of the Scotch egg as the original sausage and egg biscuit for travelers eating on the go. At least, that's the purpose it first served in 1738 if we can take luxury London grocer Fortnum & Mason at its word.

“Finding itself perfectly placed in London for travellers heading west, our young enterprise set itself the task to capitalize on creating food that was easily portable for long distance journeys” states the company on its website. “Mr. Fortnum & his staff developed the smart idea of wrapping a hard-boiled egg in sausage meat and coating it in fried bread crumbs, the world's first Scotch Egg.”

“Tasty, filling, and portable,” the Scotch egg enjoyed a heyday of popularity before falling from grace to become a gas station staple. Like many previously unfashionable foods, it is now enjoying a comeback. What better way to celebrate its return to restaurant menus than to make it with bone broth, another food that fell from grace and has now returned with a vengeance?

FOR THE HARD-BOILED EGGS

5 cups water
2 tablespoons sea salt
5 large eggs

FOR THE PORK SAUSAGE AND SEASONINGS

1 teaspoon celery salt
½ teaspoon garlic powder
½ teaspoon dried thyme
½ teaspoon smoked paprika
½ teaspoon celery seed
1 pound ground pork

FOR ASSEMBLING THE SCOTCH EGGS

1 tablespoon ghee or oil
2 cups arugula (optional)
½ cup Tomato Jam ([chapter 11](#))
Sea salt and freshly ground black pepper

HARD-BOIL THE EGGS:

IN a pot over medium-high heat, combine the water and salt. Once the water is boiling, gently place the eggs in the water to avoid cracking them. Cook for 8 minutes. Prepare a small bowl of ice water. At the 8 minute mark, transfer the eggs to the ice bath to stop the cooking process and cool.

ONCE the eggs are cool, remove them from ice water and remove the shells. We like to gently crack

the eggs on our work surface and then gently roll them to break up the shell. This allows you to easily peel the shell off using your fingers without breaking the egg.

MEANWHILE, prepare the sausage: In a mixing bowl, combine the seasonings. Add the pork and, using your hands, thoroughly work the seasoning mixture into the meat, distributing it evenly. Shape the meat into 5 balls and set aside.

ASSEMBLE AND COOK THE SCOTCH EGGS:

PREHEAT the oven to 350°F.

FLATTEN each sausage ball with your hands and then wrap each egg with it, covering the egg completely. Heat the ghee or oil in a skillet over medium-high heat. Add the eggs and fry until browned, about 5 minutes. Turn the eggs and transfer the pan to the preheated oven to finish the cooking, about 10 minutes.

REMOVE the eggs from the oven and slice each lengthwise into 4 to 5 slices. Place the sliced egg atop a handful of fresh arugula, if using, on individual serving plates and top with a spoonful of tomato jam and a pinch of sea salt and black pepper.

STORE leftover eggs, refrigerated, for up to 1 week.

BISON OMELET with YUCCA ROOT HASH

SERVES: 1 TO 2 | PREP TIME: 5 MINUTES | COOK TIME: 15 MINUTES

While this dish doesn't pack an enormous broth punch, it does offer a creative way to sneak it into breakfast. This hearty omelet is the perfect lazy weekend breakfast food and satisfies cravings at every level: it's eggy, meaty, savory, and sweet. If you can't find bison, feel free to use ground beef or pork.

- 3 ounces ground bison
- 2 tablespoons ghee or olive oil
- 2 teaspoons sea salt
- One 1-inch piece yucca root, cut into small dice
- 1 tablespoon finely diced onion
- 1 tablespoon finely diced red or yellow bell pepper
- 1 tablespoon finely diced tomato
- 1 garlic clove, minced
- 2 tablespoons Chicken Bone Broth ([chapter 4](#))
- 2 large eggs
- Chopped fresh chives or flat-leaf parsley, for garnish

IN a small sauté pan (about 8 inches) over medium heat, cook the bison in 1 tablespoon of the ghee or oil, stirring to break it up, until browned. Season with 1 teaspoon sea salt. Remove from the pan and set aside on a plate.

TOSS the yucca root into the pan and sauté in the bison fat and juices for about 2 minutes. Add the onion, bell pepper, tomato, and garlic and cook for 2 minutes more. Stir in the bone broth and cook with the veggies until it has almost evaporated. Transfer the veggie mixture to a plate.

IN the same pan, heat the remaining tablespoon of ghee over medium heat. Whisk the eggs in a mixing bowl with 1 teaspoon of the sea salt. Pour the eggs into the pan and cook until the eggs begin to firm. Using a spatula and moving around the pan, lift up the edges of the firmed eggs and tilt the pan to allow raw egg to spill under the cooked egg. Continue this process, moving around the pan, until the majority of the egg is cooked. The center will still be somewhat raw.

ADD the bison filling on one half of the eggs and fold the omelet in half over the filling. Continue cooking for 2 more minutes. Remove the pan from the heat, tilt, and use the spatula to transfer the omelet to a plate. Serve topped with a scoop of the yucca mixture and garnished with chopped fresh chives or parsley.



Chapter 7

SOUPS & STEWS





THERE'S HARDLY A PERSON ALIVE WHO DOESN'T HAVE A SOFT SPOT FOR A WARM MUG OF CHICKEN SOUP ON A RAINY DAY, OR TUCKING INTO A RICH BEEF STEW WHEN THE LEAVES BEGIN TO CHANGE. THESE DISHES EVOKE FEELINGS OF COMFORT, WARMTH, AND NOURISHMENT. SOUP IS A MUST ON PRACTICALLY EVERY RESTAURANT MENU, AND IT'S THE PERFECT COMPLEMENT TO MANY OF OUR FAVORITE MEALS—THINK OF CLASSIC PAIRINGS SUCH AS SOUP AND SALAD, OR TOMATO SOUP WITH A GRILLED CHEESE SANDWICH.

And although we've gotten fast and loose with the terms "soup" and "stew," our taste buds still know full well the difference between the canned stuff and a handcrafted batch of stew that feeds both body and soul. Don't you feel downright insulted when a restaurant dares to serve you soup that was obviously canned? The bistro where Kate worked before joining Bare Bones did so regularly. If you have never experienced this particularly infuriating disappointment, count yourself lucky.

Once you've produced a rich, tasty stock, a soup or stew is the most obvious thing to make with it. We love this use of broth because it's easy and familiar for most people, and these types of recipes often make a fantastic one-dish meal. They are such an easy way to hit all your food groups in one convenient bowl, and take them in spoonful by delicious spoonful. Soups make a fantastic meal on the go, too, because they're not complicated and minimize the number of dishes and utensils you need. Bowls? Check. Spoons? Check. You're good to go.

Broth plays a fundamental role in ethnic classics like pho and ramen, but it holds an equally important, though perhaps more subtle, place in soups and stews of all kinds. Want to know the difference between ordinary broccoli cheese soup and broccoli cheese soup that will have you craving more? We'll give you a hint: It's not the broccoli *or* the cheese. It's the broth that serves as the flavor base for everything else. Have you ever tried to make a soup with water instead of broth? The flavor is flat and one-dimensional. That's what soup made with conventionally made stock will taste like after you've experienced it made with real bone broth.

Kate's Aunt Deb, a dedicated home cook and health-food enthusiast, makes most things from scratch and understands the value of doing so. But for decades she, like most of us, had been taking the shortcut of buying her broth at the supermarket. Last spring, she made a classic beef stew with real bone broth for the first time and couldn't contain her excitement about how it had transformed her long-cherished family recipe. "It was the BEST stew EVER, and the only change I made was using your broth instead of store-purchased broth and water," she wrote to us. It was an eye-opener, even for Aunt Deb, who takes great pride in making wholesome meals with the best from-scratch ingredients.

We suggest tackling this chapter by first making the dishes that sound the most familiar to you. This way you can really taste the transformative effect your bone broth has on dishes you thought you had already mastered. Then we encourage you to explore the other recipes, keeping in mind that this new way of cooking may completely alter the way you view soups forever. They will likely soon rise from the ranks as side dishes and afterthoughts, to become fulfilling main dishes at your table.

COFFEE-ROASTED SQUASH SOUP

SERVES: 2 TO 4 | PREP TIME: 15 MINUTES | COOK TIME: 45 MINUTES

We don't drink as much coffee as we used to, thanks to our new morning ritual of sipping bone broth. We do, however, love the flavor, and this dish was a random experiment that has ended up becoming one of our favorite fall soups. Any winter squash can be used, though butternut is one of the sweetest, pairing nicely with the bitterness of the coffee.

- 1 butternut squash, peeled, cut in half, seeds removed, cut into medium dice
- ¼ cup plus 1 tablespoon ghee or melted butter
- ¼ cup finely ground coffee or espresso beans
- ½ onion, peeled and chopped
- 1 medium carrot, scrubbed and chopped
- 1 celery stalk, chopped
- 1 teaspoon sea salt, plus more as needed
- 3 garlic cloves
- 1 tablespoon chopped fresh sage, plus more for garnish
- 1 tablespoon maple syrup
- ¼ teaspoon ground cinnamon
- 4 cups Beef Bone Broth ([chapter 4](#))

PREHEAT the oven to 350°F.

ON a baking sheet, toss the butternut squash with 1 tablespoon of the ghee or butter and the coffee to coat. Spread the squash out in an even layer, place in the preheated oven, and roast until soft, about 20 minutes.

HEAT the remaining ¼ cup ghee or butter in a soup pot over medium-high heat until it starts to brown, about 6 minutes. Reduce the heat to medium-low and add the onion, carrot, celery, and sea salt. Sweat the veggies for 10 minutes, stirring occasionally. Add the garlic, sage, maple syrup, and cinnamon and continue to cook, stirring occasionally, for 10 minutes.

REMOVE the squash from the oven and transfer it to the soup pot. Stir in the bone broth and bring to a boil over medium-high heat. Cook for 5 minutes, then transfer to a blender and puree until smooth, about 5 minutes. Alternatively, you can puree the mixture right in the pot using an immersion blender. Season with additional sea salt if needed.

SERVE the soup immediately, garnished with a pinch of chopped fresh sage. Alternatively, the soup can be refrigerated for up to 1 week, or frozen for up to 6 months.

WHY GHEE?

Ghee is a type of clarified butter that originated and is widely used in India. It is traditionally made by simmering butter until the milk solids caramelize, then separating the fat from those milk solids.

You will see that we use ghee or olive oil where many cooks would use butter or vegetable oil. We do this because ghee has a high smoke point (meaning it won't break down into free radicals like many other oils when heated to high temperatures) and it lends food a buttery taste without awakening dairy allergies.

Ghee is rich in oil-soluble vitamins A and E and antioxidants, and it supports healthy digestion, among other benefits. One of our favorite brands is Tin Star Foods. The quality is consistent, and the flavor can't be beat.



BEEF BRISKET PHO

SERVES: 4 TO 6 | PREP TIME: 15 MINUTES | COOK TIME: 5 HOURS AND 15 MINUTES

Kate and I share a love for all things broth, and beef brisket pho is the holy grail of broth-based dishes. We make this dish quite frequently—at least twice a month—so we decided to create a simple recipe using the slow cooker that can be prepped in the morning before you start your day. Nothing beats arriving home after a long day to the heart-warming smells and flavors of this traditional and tasty broth bombshell. Enjoy!

- 1 cinnamon stick
- $\frac{3}{4}$ tablespoon whole coriander seeds
- $\frac{3}{4}$ tablespoon whole fennel seeds
- 3 star anise pods
- $\frac{1}{2}$ teaspoon ground cardamom seeds, or 3 whole pods
- 6 whole cloves
- 2 tablespoons ghee or olive oil
- 1 to 2 pounds beef brisket, fat trimmed
- Sea salt
- 1 onion, peeled and halved
- 1 carrot, chopped
- One 3-inch piece fresh ginger, cut into $\frac{3}{4}$ -inch slices
- 6 cloves garlic, peeled
- $\frac{1}{4}$ cup fish sauce
- 8 cups Beef Bone Broth ([chapter 4](#))
- 2 cups bean sprouts
- 1 packed cup fresh basil leaves
- 4 to 6 hard-boiled eggs (1 per serving; optional)

IN a skillet or sauté pan over medium heat, combine the cinnamon, coriander seeds, fennel seeds, star anise, cardamom seeds, and cloves and toast until fragrant, about 2 minutes. Remove the spices from the pan and transfer to a slow cooker. In the same pan, heat 1 tablespoon of the ghee or oil over medium-high heat until just about smoking.

PAT the brisket dry with paper towels and season evenly with sea salt. Sear the brisket in the hot ghee or oil until golden brown, about 5 minutes per side, turning as needed to brown as much of the surface as you can. Transfer the brisket to the slow cooker.

IN the same pan, add the remaining 1 tablespoon ghee or oil. Add the onion, carrot, ginger, and garlic cloves and cook for 5 minutes. Transfer to the slow cooker along with the fish sauce and bone broth. Set the slow cooker on high and cook for 5 hours.

REMOVE the meat from the slow cooker and set aside. Strain the broth through a fine-mesh strainer; discard the solids.

TO serve, thinly slice the brisket and add a few slices to each serving bowl. Pour the broth over the meat and garnish with some bean sprouts and fresh basil. Reflecting our love of both ramen and pho, we usually throw in a hard-boiled egg for added protein and deliciousness. Serve immediately.

THE ungarnished soup can be refrigerated for up to 1 week, or frozen for up to 6 months.

7 HEALTH BENEFITS OF GINGER

You may have noticed by now that we use a lot of ginger in our cooking. It can be used fresh, ground, pickled, powdered, dried, candied, as oil, or as a juice. As we move toward more global palates, demand for ginger has mounted, as has evidence of this herb's healing properties. Here are seven of ginger's most impressive health benefits.

1. Ginger is a powerful treatment for nausea and morning sickness. Ginger has a long history of being used to treat seasickness. These days, it's used to help reduce nausea and vomiting in pregnant women, patients after surgery, and chemotherapy patients. Researchers have found that as little as 1 gram of ginger per day can effectively diminish feelings of nausea and actual vomiting for those groups of people.

2. Ginger is an effective anti-inflammatory. Especially when paired with the anti-inflammatory nutrients in bone broth, ginger can help fight everything from inflammatory bowel disease to arthritis.

3. Ginger can reduce muscle pain. Ginger is a natural anti-inflammatory. A 2013 study of female athletes found that those who took at least 3 grams of ginger or cinnamon per day experienced a reduction in muscle soreness.

4. Ginger is a known antioxidant. Juice companies everywhere are touting ginger in their bottles, because most people realize by now that the spice is an antioxidant, meaning it can help prevent or slow cell damage. The South Korean researchers who touted ginger's anti-inflammatory properties also reaffirmed this finding.

5. Ginger can reduce menstrual pain. Not every woman experiences menstrual cramps, but those who do may appreciate this traditional home remedy. A 2009 study showed a daily dose of 1 gram of ginger is just as effective as Ibuprofen in minimizing menstrual pain.

6. Ginger can be used to treat diabetes. Researchers in Kuwait and India, among other

countries, have found that ginger may be helpful both to prevent and treat diabetes by lowering blood sugar levels.

7. Ginger may help fight cancer. Several recent studies, including one published in May 2015 by scientists in Japan, have shown that the gingerol in ginger can slow and even kill off cancer cells.

While these studies are promising, it's important to talk to a doctor before treating yourself with something even as harmless as ginger. We are not doctors and can't pretend to be; we just recommend keeping some fresh and powdered ginger on hand at all times—not only because it's good for you, but because it adds fantastic dimension to so many dishes.



FRENCH ONION SOUP

SERVES: 4 | PREP TIME: 10 MINUTES | COOK TIME: 50 MINUTES

Onion soups are probably as ancient as the broths that make them so darn good. However, we think the French really nailed it with their version that has become a classic. If like us, you rarely eat dairy or gluten, then this dish can be difficult to replicate in a way that would do the traditional preparation justice.

We've eaten one too many bowls of poorly made French onion soup, and the common denominator is bland and one-dimensional broth. The broth is the star of this show—no amount of bread and cheese can make up for a poorly made broth. So we made sure this broth could hold its own, and then used potatoes instead of bread and cheese to make a savory crust.

FOR THE SOUP

- 3 tablespoons ghee or butter
- 2 onions, thinly sliced
- 1 bay leaf
- 2 sprigs fresh thyme
- 2 garlic cloves, minced
- 1 teaspoon sea salt
- ½ cup sherry wine
- 1 cup dry red wine
- ½ teaspoon freshly ground black pepper
- 6 cups Beef Bone Broth ([chapter 4](#))

FOR THE POTATO CRUST

- 4 cups cold water
- 6 small white potatoes, peeled and diced
- 1 garlic clove, minced
- 2 tablespoons plus 1 teaspoon sea salt
- Pinch of freshly ground black pepper
- 1½ tablespoons ghee or butter

MAKE THE SOUP:

IN a large pot over medium heat, heat the ghee or butter. Add the onions, bay leaf, thyme, garlic, and sea salt and sauté for 5 minutes, stirring occasionally.

INCREASE the heat to medium-high and add the sherry, red wine, and pepper. Simmer to reduce until the wine has almost evaporated, about 10 minutes.

ADD the beef bone broth and bring to a simmer. Cook for 10 minutes.

MAKE THE POTATO CRUST:

WHILE the soup is simmering, combine the water, potatoes, garlic, and 2 tablespoons of the sea salt in a pot and bring to a boil. Boil the potatoes for 10 minutes, then drain thoroughly to remove all the water.

RETURN the potatoes to the pot along with the pepper, the remaining 1 teaspoon of sea salt, and the ghee or butter. Mash (do not whip) by hand with the back of a fork. Separate into four parts and roll into balls.

PREHEAT the broiler to high.

PLACE four 6- to 8-ounce oven-safe ramekins on a baking sheet and fill with soup to just below the rim. Press the potato balls flat, shaping them into disks slightly wider than the ramekins. Gently drape a potato disk over each ramekin without pressing it down; just let it rest atop the ramekin.

PLACE the baking sheet with the ramekins under the broiler for 8 minutes, or until the potato disks begin to brown. Remove from the oven and serve immediately. Alternatively, the soup (without the crust) can be refrigerated for up to 1 week, or frozen for up to 6 months.

CAULIFLOWER SOUP with CARAMELIZED LEEKS

SERVES: 4 TO 6 | PREP TIME: 5 MINUTES | COOK TIME: 40 MINUTES

We would classify cauliflower as Mother Nature's butter. Roasted cauliflower, along with broccoli, is one of our favorite snacks, and we can be found eating it like popcorn multiple nights a week. It's so simple to make, it's nutritious, and it's filling—the veggie snack trifecta. Sometimes, though, we want to experience that taste differently, so we turn it into a soup. Cauliflower is thought to contain compounds that can prevent or slow cancer growth—medicine never tasted so sweet.

½ head cauliflower, cut into florets
¼ teaspoon olive oil
3 leeks, white and pale green parts only, thinly sliced
3 tablespoons ghee
4 cups Chicken Bone Broth ([chapter 4](#))
Sea salt and freshly ground black pepper

PREHEAT the oven to 350°F.

TOSS the cauliflower in the olive oil on a baking sheet and roast in the preheated oven for 15 to 18 minutes, until it starts to caramelize.

IN a cast-iron skillet over medium heat, sauté the leeks in the ghee until soft, about 5 minutes. Set aside a couple of spoonfuls of the caramelized leek for the garnish.

COMBINE the cauliflower, leeks, and bone broth in a pot and cook over medium heat about 10 minutes. Blend in the pot with an immersion blender, or use a food processor or traditional blender, then season to taste with sea salt and pepper. Garnish with the reserved caramelized leeks and serve immediately. Alternatively, you can refrigerate the soup for up to 1 week or freeze for up to 6 months.



LEMONGRASS-GINGER-CARROT SOUP

SERVES: 4 TO 6 | PREP TIME: 15 MINUTES | COOK TIME: 35 MINUTES

This simple soup can be eaten hot or cold, in winter, or in summer. Many are aware of the healing benefits of carrots, mainly the antioxidant-rich carotenoids that are known to pack anticancer powers. We love them because they're a simple and delicious food. Combine them with a hefty dose of gelatin-rich bone broth, a touch of lemongrass and ginger, and you're left with a bowl of soup that beats any sugar-laden cold-pressed juice on the market.

2 tablespoons ghee or olive oil
1½ cups diced onion
1½ pounds thinly sliced carrots
2 tablespoons peeled and minced fresh ginger
One 2-inch-long piece lemongrass, pounded
4 cups Chicken Bone Broth ([chapter 4](#))
Sea salt

IN a large saucepan over medium heat, heat the ghee or oil. Add the onion and sweat until translucent, about 8 minutes, stirring occasionally.

ADD the carrots, ginger, and lemongrass and stir to coat the vegetables with the ghee or oil. Reduce the heat to medium-low and cook for 10 minutes.

ADD the broth and increase the heat to medium. Bring the soup to a simmer and cook until the carrots are tender, about 15 minutes.

TRANSFER the mixture to a blender and blend until smooth, blending in batches if necessary. Season with sea salt to taste and serve immediately. Alternatively, you can refrigerate the soup for up to 1 week, or freeze it for up to 6 months.

ROASTED RED PEPPER SOUP

SERVES: 4 | PREP TIME: 10 MINUTES | COOK TIME: 55 MINUTES

Roasting bell peppers allows them to develop a unique flavor. They remain sweet but gain a nice charred note. Because the skin is removed in the preparation, the charred flavor is subtle, adding a smoky background while you enjoy the pure flavor and sweetness of the peppers. This is one of those soup recipes that's easy to double to have on hand when you're short on time or need a side dish for dinner.

- 1 pound red bell peppers
- 1 tablespoon ghee or olive oil
- 1 medium carrot, cut into small dice
- 1 leek, white and pale green parts only, thinly sliced
- 1 celery stalk, cut into small dice
- 1 teaspoon sea salt, plus more as needed
- ½ teaspoon freshly ground black pepper
- 2 tablespoons tomato paste
- 1½ tablespoons chopped fresh thyme
- 1 tablespoon chopped oil-packed sun-dried tomatoes
- 4 cups Chicken Bone Broth ([chapter 4](#)) or Beef Bone Broth ([chapter 4](#))
- 1 small potato, peeled and cubed

SET the broiler to high.

PLACE the whole bell peppers on a baking sheet, skin side up, and place under the broiler. Broil, turning every 3 to 4 minutes, for a total of about 8 minutes, until blackened all over.

REMOVE the bell peppers from the broiler and transfer to a bowl. Cover with plastic wrap; this will cause the escaping moisture from the peppers to steam them, loosening the skins and making it easier to remove them. After about 10 minutes, remove the bell peppers from the bowl, peel off the skins, and roughly chop the flesh.

IN a medium stockpot over medium heat, heat the ghee or oil. Add the roasted bell peppers, the carrot, leek, and celery and cook until softened, stirring occasionally, about 10 minutes. Season with the sea salt and black pepper. Add the tomato paste and cook for 2 to 3 minutes, stirring frequently. Add the thyme and sun-dried tomatoes and cook for 2 minutes more.

ADD the broth and potato, increase the heat to medium-high, and bring to a boil. Reduce the heat to medium-low and simmer for 20 minutes, or until the potatoes are soft.

BLEND the mixture right in the pot, using an immersion blender, or transfer to a standard blender and blend until smooth. Season with additional sea salt if needed. Serve immediately, or refrigerate for up to 1 week, or freeze for up to 6 months.

HOT and SOUR SOUP

SERVES: 4 TO 6 | PREP TIME: 50 MINUTES | COOK TIME: 25 MINUTES

There is no one definitive recipe for hot and sour soup—it is prepared differently across various regions of Asia. This is the Chinese preparation, which uses a meat-based broth as opposed to a Vietnamese-style version, which uses a fish base, or the Thai version—tom yum soup—which you can find on [chapter 7](#).

We could drink this soup like water. It is tangy yet well balanced, making it the perfect soul food for a chilly afternoon. We suggest doubling the recipe and keeping some on hand in your freezer for such a day.

- 3 ounces pork shoulder or loin
- ¼ cup dried lily flower
- ¼ cup dried wood ear mushrooms
- ¼ cup dried shiitake mushrooms
- ¾ cup water
- 8 cups Pork Bone Broth ([chapter 4](#)) or Chicken Bone Broth ([chapter 4](#))
- ¼ teaspoon ground cayenne pepper
- ½ teaspoon ground white pepper
- 2 teaspoons gluten-free soy sauce or coconut aminos
- Sea salt
- ¼ cup bamboo shoots, cut into matchsticks
- 1 teaspoon toasted sesame oil
- ¼ cup rice vinegar
- ½ teaspoon ghee or olive oil
- ¼ cup arrowroot powder
- 2 large eggs
- 1 scallion, chopped

FREEZE the pork for 15 minutes, then slice thinly.

SOAK the lily flowers and wood ear and shiitake mushrooms in ¾ cups water for about 10 minutes, until hydrated. Drain and thinly slice.

IN large pot, bring 7¼ cups of the bone broth to a boil. Add the sliced pork and stir. Add the cayenne pepper, white pepper, soy sauce, sea salt, lily flower, dried mushrooms, bamboo shoots, sesame oil, and vinegar.

IN a separate small pot over medium heat, add the ghee or oil. Add the arrowroot powder and whisk, then slowly add the remaining ¾ cup bone broth, whisking constantly to make a slurry. Stir the slurry

into the larger pot of soup in a slow, steady stream.

WHISK the eggs into the soup, continuously stirring slowly to cook, about 5 minutes.

SERVE the soup immediately, topped with the scallions. Alternatively, the soup can be refrigerated for up to 1 week. or frozen for up to 6 months.

CHICKEN SOUP

SERVES: 6 | PREP TIME: 15 MINUTES | COOK TIME: 45 MINUTES

This recipe showcases one of the many ways you can turn a simple chicken bone broth into a rich and nourishing dish your whole family will enjoy. We cook the chicken in the bone broth along with the drippings and vegetables, creating layers of flavor. If you thought you loved chicken soup before—prepare to be wowed.

FOR THE BROTH

- 1 tablespoon ghee or olive oil
- 2 boneless, skinless chicken breasts
- 2 boneless, skinless chicken thighs
- 2 onions, peeled and cut into small dice
- 2 bay leaves
- 1 thumb-size piece fresh turmeric, peeled and chopped
- 3 garlic cloves, chopped
- 2 teaspoons sea salt
- 3 cups Chicken Bone Broth ([chapter 4](#))

FOR THE SOUP

- 1 tablespoons ghee or olive oil
- 3 carrots, peeled and thinly sliced
- 2 celery stalks, thinly sliced
- 1 teaspoon chopped fresh thyme
- Sea salt
- 1 tablespoon chopped fresh flat-leaf parsley, for garnish

MAKE THE BROTH:

IN a Dutch oven or stockpot, heat the ghee or oil over medium-high heat. Add the chicken breasts to the pan and brown lightly on both sides, about 5 minutes. Remove and set aside. Repeat with chicken thighs.

STIR the onions into the pan with the drippings and cook until softened, about 3 minutes. Return the chicken thighs to the pan, along with the bay leaves, turmeric, garlic, sea salt, and 1 cup of the chicken bone broth. Reduce the heat to low, cover, and simmer for about 20 minutes, stirring occasionally, until the chicken has released its juices.

ADD the reserved chicken breasts, cover with the remaining chicken bone broth, and bring to a boil. Reduce to a gentle simmer, skimming the fat as necessary. Simmer until the chicken breasts reach an internal temperature of 155° to 160°F, about 15 minutes. Remove the chicken breasts and set aside.

LET the broth simmer for 10 minutes more. Strain through a fine-mesh strainer into a bowl or pot and let the broth sit for 5 minutes while cleaning the Dutch oven.

MAKE THE SOUP:

IN the Dutch oven, heat the ghee or oil over medium heat. Add the carrots and celery and cook until softened, about 5 minutes. Stir in the fresh thyme and cook for 30 seconds. Add the strained broth and bring to a simmer. Shred the reserved chicken, add it to the pot, and let simmer for 5 minutes. Season the soup with sea salt to taste. Ladle the soup into bowls and serve, garnished with fresh parsley. Alternatively, the soup can be refrigerated for up to 1 week, or frozen for up to 6 months.

COCONUT, BEET and GINGER SOUP

SERVES: 4 TO 6 | PREP TIME: 20 MINUTES | COOK TIME: 70 MINUTES

There are many ways to make beet soup, the most well known of all being borscht, the hearty Russian classic that also contains veggies like potatoes and cabbage. Beet soup can be eaten cold, so we like to make it with more delicate flavors and puree it. Here, the ginger beautifully balances the beet, and the coconut milk adds a nice fat component. We find citrus finishes this dish perfectly, so we garnish it with a bit of orange.

- 1 tablespoon ghee or olive oil
- 1 large thumb-size piece fresh ginger, peeled and chopped
- 1 small shallot, peeled and chopped
- 3 sprigs fresh rosemary
- 3 garlic cloves, smashed
- 1 teaspoon sea salt, plus more as needed
- ½ cup white wine
- 2 pounds whole beets, greens removed
- 1 cup coconut milk
- 3 cups Chicken Bone Broth ([chapter 4](#))
- 1 tablespoon white wine vinegar
- 1 small orange, segmented
- Finely grated zest of 1 small orange

IN a large pot over medium heat, heat the ghee or oil. Add the ginger, shallot, rosemary, garlic, and sea salt and sweat the mixture for 10 minutes, stirring occasionally.

ADD the white wine and stir to deglaze the pan. Simmer for 5 minutes to cook off the alcohol. Add the beets, coconut milk, bone broth, and white wine vinegar, cover, and let simmer for 45 minutes.

PREPARE a bowl of ice water.

USING a slotted spoon, remove the beets from the pot and transfer to the ice bath to cool. Once the beets are cool to the touch, use your hands or a paper towel to remove the skins. Discard the skins and roughly chop the beets. Return the beets to the pot and simmer the mixture for 10 minutes more.

USING an immersion blender, blend the mixture right in the pot until smooth. Alternatively, transfer the mixture to a blender or food processor and blend until smooth. Season with additional sea salt to taste if needed. Serve immediately, garnished with a couple of orange segments and a bit of the zest.

ALTERNATIVELY, the soup can be refrigerated for up to 1 week, or frozen for up to 6 months.



BEEF MEATBALL SOUP

SERVES: 4 | PREP TIME: 20 MINUTES | COOK TIME: 20 MINUTES

Meatballs and bone broth: need we say more? This simple yet hearty dish can be whipped up in under an hour. Consider this recipe a template, as we love changing up the seasonings and herbs used in the meatballs and broth, giving you a lot of flexibility to create your own family favorite.

- 1 tablespoon olive oil
- 1 carrot, peeled and diced
- 2 celery stalks, diced
- ½ onion, peeled and diced
- 1 bay leaf
- 2 teaspoons sea salt
- 1 pound ground beef
- 1 large egg, beaten
- 1 garlic clove, minced
- ½ cup almond flour
- ⅛ teaspoon freshly grated nutmeg
- ¼ teaspoon freshly ground black pepper
- 4 cups Chicken Bone Broth ([chapter 4](#))
- Chopped fresh flat-leaf parsley, for garnish

IN a large pot over medium heat, heat the oil. Add the carrot, celery, onion, bay leaf, and 1 teaspoon of the sea salt. Cook for 8 minutes, stirring occasionally.

IN a bowl, thoroughly mix the ground beef, egg, garlic, almond flour, nutmeg, pepper, and the remaining 1 teaspoon sea salt. Set aside.

ADD the bone broth to the pot, increase the heat to medium-high, and bring to a simmer. Once the broth is simmering, begin shaping the beef mixture into small meatballs, about 1 inch in circumference, and drop them into the simmering broth. Once placed into the simmering broth, the meatballs will sink and then float to the surface once they are cooked through, about 10 minutes.

ALTERNATIVELY, you can sear the meatballs first in a sauté pan over medium-high heat. To do this, heat 1 tablespoon or so of ghee or oil in the sauté pan, add the meatballs, and sear on all sides, turning to brown evenly. Work in batches if needed to avoid overcrowding your pan. Add the seared meatballs to the pot of simmering broth.

TO serve, portion the soup into bowls and garnish with chopped fresh parsley.

ALTERNATIVELY, the ungarnished soup can be refrigerated for up to 1 week, or frozen for up to 6 months.

ROASTED ROOT VEGETABLE SOUP

SERVES: 4 TO 6 | PREP TIME: 10 MINUTES | COOK TIME: 45 MINUTES

This soup is incredibly versatile; we encourage you to play around with different varieties of root vegetables to keep things interesting. Try making it at different times of the year, using whatever you can find locally. You might swap out parsnips for turnips, yucca for sweet potatoes, or even throw in some carrots. No matter what you try, don't skimp on the roasting time—be sure to brown your veggies for the most flavor.

- 1 pound parsnips, peeled and chopped
- 1 pound butternut squash, peeled, seeds removed, and chopped
- ½ pound sweet potatoes, peeled
- ½ carrot, peeled and chopped
- ½ onion, peeled and chopped
- 2 garlic cloves
- 2 tablespoons ghee or olive oil
- 1½ teaspoons sea salt, plus more as needed
- ½ teaspoon freshly ground black pepper
- 5 cups Beef Bone Broth ([chapter 4](#)), Chicken Bone Broth ([chapter 4](#)), or Pork Bone Broth ([chapter 4](#))

PREHEAT the oven to 425°F.

ON a baking sheet, toss all vegetables and the garlic with the ghee or oil, sea salt, and pepper. Mix thoroughly and then spread out in an even layer on the sheet pan. Roast in the preheated oven until softened and nicely browned, 30 to 35 minutes, turning halfway through the roasting.

TRANSFER the vegetables to a blender with the bone broth and blend until smooth, about 5 minutes. If needed, blend in two batches.

TRANSFER the mixture to a soup pot and bring to a simmer over medium-high heat. Cook for 10 minutes to infuse the flavors. Season the soup to taste with additional sea salt if needed before serving.

THE soup can be refrigerated for up to 1 week, or frozen for up to 6 months.

ASPARAGUS SOUP

SERVES: 6 | PREP TIME: 20 MINUTES | COOK TIME: 25 MINUTES

Asparagus is kind of an overlooked vegetable; it's most often seen playing a supporting role to meat or seafood dishes. We love using it to make this hearty soup, which also happens to be a great way to maximize its plethora of health benefits, including its anti-inflammatory and antioxidant properties.

- 2 tablespoons ghee or olive oil
- ½ cup minced shallots
- 2 leeks, white and pale green parts only, thinly sliced
- 1 tablespoon minced garlic
- 2 pounds fresh asparagus, trimmed and cut into 1-inch pieces
- ½ teaspoon sea salt, plus more as needed
- ¼ teaspoon freshly ground black pepper
- 6 cups Chicken Bone Broth ([chapter 4](#))
- Olive oil, for serving (optional)
- Chopped fresh flat-leaf parsley, for serving (optional)
- Fresh cream, for serving (optional)

HEAT the ghee or oil in a large pot over medium-high heat. Add the shallots and leeks and cook until both are tender. Add the garlic and cook for about 1 minute. Add the asparagus, sea salt, and pepper and sauté for 2 to 3 minutes. Add the broth and simmer for 15 minutes, or until the asparagus is tender.

BLEND the mixture using either a food processor or blender, working in batches if needed. Season to taste with additional sea salt if needed. Serve immediately, garnished with a drizzle of olive oil, sprinkle of chopped fresh parsley, and/or a swirl of fresh cream.

THE ungarnished soup can be refrigerated for up to 1 week, or frozen for up to 6 months.

FENNEL and WHITE BEAN SOUP

SERVES: 2 | PREP TIME: 15 MINUTES | COOK TIME: 20 MINUTES

Fennel has a mild licorice flavor that becomes even milder the longer it is cooked, making this soup quite refreshing. This soup is delicious served hot or cold.

We love white beans for numerous reasons. They rank low on the glycemic index, so you don't need to worry about your blood sugar getting all wacky. They're also packed with antioxidants and magnesium, which help to eliminate free radicals and regulate stress levels.

- 1 tablespoon ghee
- 1 tablespoon olive oil
- 1 fennel bulb, trimmed and thinly sliced
- 1 garlic clove, minced
- ½ cup white wine
- 2 cups Beef Bone Broth ([chapter 4](#)) or Pork Bone Broth ([chapter 4](#))
- One 15-ounce can organic white beans
- ¼ teaspoon sea salt, plus more as needed
- Pinch of freshly ground black pepper
- 1 sprig fresh dill, chopped

IN cast-iron skillet over medium-high heat, heat the ghee and olive oil. Add the fennel and cook until it starts to soften, about 3 minutes. Add the garlic and cook for another 3 minutes, stirring occasionally, until the fennel and garlic are golden brown.

DEGLAZE the skillet with the wine and reduce by half, about 5 minutes.

ADD the broth, beans, sea salt, and pepper and simmer for 10 minutes. Transfer the mixture to a blender or food processor and blend until smooth. Or you can skip this step and keep the soup chunky. It's up to you.

SEASON to taste with additional sea salt if needed. Serve garnished with fresh dill. Alternatively, the soup can be refrigerated for up to 1 week, or frozen for up to 6 months.

TOM YUM SOUP

SERVES: 4 | PREP TIME: 25 MINUTES | COOK TIME: 20 MINUTES

While in the Navy, Ryan had the opportunity to visit Thailand, where he ate as much tom yum soup as he possibly could. The flavors of this soup have never escaped him, and so we prepare this dish regularly, as we are always trying to improve on it. Because we like it on the spicy side, this recipe calls for two chiles. Adjust the heat by halving the amount of chiles to turn down the spice.

- 4 cups Chicken Bone Broth ([chapter 4](#))
- 3 lemongrass stalks, white parts cut into 2-inch pieces
- One 1-inch piece fresh ginger, thinly sliced
- 2 fresh red Thai chiles, or 1 dried red chile
- 2 tablespoons fish sauce
- 2 teaspoons honey
- One 8-ounce can straw mushrooms, strained
- 1 pound extra-jumbo shrimp
- Finely grated zest of 2 limes
- Juice of 2 limes
- 2 scallions, thinly sliced
- 2 tablespoons chopped fresh cilantro
- Sea salt

IN a large pot over medium-high heat, combine the broth, lemongrass, ginger, and chiles and bring to a boil over medium-high heat. Reduce the heat to medium and simmer for 15 minutes, then discard the lemongrass and ginger.

ADD the fish sauce, honey, and mushrooms and simmer for 5 minutes more. Add the shrimp and cook until they turn pink, about 6 minutes.

REMOVE the pot from heat and add the lime zest, lime juice, scallions, and cilantro. Season to taste with sea salt and serve immediately. Alternatively, the ungarnished soup can be refrigerated for up to 1 week, or frozen for up to 6 months.



SHRIMP BISQUE

SERVES: 2 | PREP TIME: 15 MINUTES | COOK TIME: 40 MINUTES

The term *bisque* is heavily misused today. Maybe it's just semantics and the meaning of the word has changed over the years. But traditionally, a "bisque" refers to a soup made using the ground-up shells of crustaceans as a paste to thicken along with rice. In an effort to create a gluten-free version of this dish, we use squash to thicken along with the shells in a much more simplified and speedy version of this classic.

- 1 small acorn squash, peeled, seeds removed, and diced
- 3 cups Shrimp Stock ([chapter 4](#))
- 2 teaspoons sea salt
- 1 tablespoon ghee or olive oil
- 1 carrot, peeled and diced
- 1 leek, white part only, thinly sliced
- 3 garlic cloves, minced
- 1 pound shrimp, shelled and deveined (reserve the shells)
- 1 tablespoon tomato paste
- ¼ cup cognac or brandy
- ½ cup dry sherry
- ¼ teaspoon freshly ground black pepper
- Chopped fresh flat-leaf parsley, for serving

IN a large pot over medium-high heat, combine the squash, shrimp stock, and 1 teaspoon of the sea salt and bring to a simmer. Cook until the squash is soft, about 10 minutes.

TRANSFER the squash mixture to a blender and blend until smooth. Set aside.

IN the same pot over medium-high heat, warm the ghee or oil. Add the carrot, leek, garlic, and the remaining 1 teaspoon of the sea salt and sweat the vegetables, stirring, for 5 minutes to meld the flavors.

ADD the reserved shrimp shells and the tomato paste and cook, stirring, for 5 minutes. Add the cognac and sherry and stir to deglaze the pan, then bring to a simmer over medium heat. Let simmer for 5 minutes.

IN a large pot over medium-high heat, combine the squash, shrimp stock, black pepper, and 1 teaspoon of the sea salt and bring to a simmer. Cook for 5 minutes. Transfer the mixture to a blender and blend until smooth, about 5 minutes, then pass through a fine-mesh strainer back into the pot over medium heat.

ADD the shrimp to the pot and cook for 5 minutes, turning halfway to ensure even cooking.

PORTION the bisque evenly among serving bowls and serve immediately, garnished with chopped fresh parsley. Alternatively, the bisque can be refrigerated for up to 1 week, or frozen for up to 6 months.

SHRIMP DASHI SOUP

SERVES: 2 | PREP TIME: 20 MINUTES | COOK TIME: 15 MINUTES

Sometimes we like to keep things simple. This dish is quick to prepare, even if you need to make the dashi from scratch. Alternatively, you can use shrimp or fish stock instead of dashi, as we're well aware that the ingredients for dashi are not available everywhere. Heck, you can even substitute chicken for shrimp and use chicken broth instead. The key here is simplicity while keeping things flavorful and nourishing, so have fun with it!

- 2 tablespoons ghee or olive oil
- 1 portobello mushroom, stem removed, cap thinly sliced
- Sea salt
- 2½ cups Dashi Broth ([chapter 4](#))
- One 2-inch piece daikon, cut into ¼-inch slices
- 1 carrot, cut into matchstick-size pieces
- 2 pounds medium shrimp, shelled and cleaned
- 1 tablespoon thinly sliced fresh chives or scallions

IN a medium saucepan or cast-iron skillet, heat the ghee or oil over medium-high heat. Once the ghee or oil is nice and hot, gently place the portobello slices into skillet and cook until golden brown, about 2 minutes per side, turning as needed. Season with a pinch of sea salt and transfer to a paper towel-lined plate.

IN a small pot over medium-high heat, add ½ cup of the broth along with daikon and carrot and cook until tender, 3 to 4 minutes.

IN a separate pot over medium heat, add the remaining 2 cups broth and bring to a simmer. Add the shrimp and cook for 2 to 4 minutes. Add the mushroom, daikon, and carrot, simmer for 2 minutes more. Remove from the heat and season to taste with sea salt.

SERVE immediately in bowls, garnished with freshly sliced chives or scallions. Alternatively, the soup can be refrigerated for up to 1 week, or frozen for up to 6 months.



RED WINE–BRAISED SHORT RIB STEW with POTATOES, CARROTS, and MUSHROOMS

SERVES: 4 TO 6 | PREP TIME: 20 MINUTES | COOK TIME: 3 HOURS

If you haven't noticed by now, we love braising. This stew wraps itself around your soul and squeezes ever so gently. And while it truly embodies the concept of a one-pot meal, we do like to roast the vegetables separately so they retain their individual flavor, creating even greater depth of flavor.

FOR THE SHORT RIBS

- 1 tablespoon ghee or olive oil
- 3 pounds boneless short ribs, trimmed
- 1 tablespoon sea salt
- 1 onion, peeled and chopped
- 1 carrot, scrubbed and chopped
- 1 celery stalk, chopped
- 1 cup port or red wine
- 6 sprigs fresh thyme
- 4 whole garlic cloves
- 2 cups Beef Bone Broth ([chapter 4](#))
- Chopped fresh flat-leaf parsley, for serving

FOR THE VEGETABLES

- 2 potatoes, diced
- 2 carrots, peeled and diced
- 8 shiitake or cremini mushrooms, stems removed, caps chopped
- 1 tablespoon ghee or olive oil
- 1 teaspoon sea salt

PREPARE the short ribs: In a large oven-safe pot or Dutch oven over medium-high heat, heat the ghee or oil.

PAT the short ribs dry with paper towels and season with the sea salt. Gently place the short ribs in the hot ghee or oil and sear on all sides until golden brown, about 4 minutes per side, turning as needed and searing in batches if needed to avoid overcrowding the pot. Transfer to a plate.

TO the same pot, add the onion, carrot, and celery and cook until the veggies begin to brown, stirring as needed to avoid burning, about 5 minutes.

ADD the wine and deglaze the pot, scraping the browned bits loose from the bottom of the pot. Add the thyme and garlic and bring to a simmer. Let the wine reduce by half, about 10 minutes, then remove the pot from the heat.

PLACE the browned short ribs into the wine reduction along with the bone broth and let marinate for 1 hour in the refrigerator. Alternatively, you can prepare this dish in advance by letting the ribs marinate for a full 24 hours—well worth it in our opinion.

PREHEAT the oven to 350°F.

REMOVE the pot from the refrigerator, cover with a lid or aluminum foil, and transfer to the oven to braise for 2½ hours.

AT the 2 hour mark, when 30 minutes remain on the cooking time for the short ribs, prepare the vegetables: On a baking sheet, toss the potatoes, carrots, and mushrooms with the ghee or oil and sea salt. Spread out in an even layer and roast in the oven for 20 to 25 minutes, until the potatoes and carrots are knife-tender.

REMOVE the pot with the short ribs from the oven, uncover, and transfer the meat to a plate. Strain the braising liquid into a deep serving dish; discard the solids from the liquid. Add the roasted veggies to the serving dish and stir to distribute evenly. Using your hands or a fork, break the short ribs into chunks and stir in as well. Garnish with a little chopped fresh parsley and serve family style.

THE stew or any leftovers can be refrigerated for up to 1 week, or frozen for up to 6 months.

LOBSTER and CHORIZO STEW

SERVES: 2 TO 4 | PREP TIME: 10 MINUTES | COOK TIME: 25 MINUTES

We often find overpriced and ego-driven lobster dishes when we dine out, and more times than not they are a complete letdown. For us, there's something soul-warming to the simplicity of a stew. We prefer to pair a protein as delicate as lobster with a rich and flavorful broth. Lobster was originally peasant food, and this dish does nothing to elevate the once-humble crustacean. Our stew more closely resembles a rustic peasant meal than a fine-dining experience. That's just one reason why we love it.

- 2 tablespoons ghee or butter
- 1 shallot, peeled and minced
- 3 garlic cloves, minced
- 2 teaspoons sea salt, plus more to taste
- 4 sprigs fresh thyme, leaves picked and chopped
- ½ cup vermouth
- 2 links Spanish chorizo, thinly sliced
- 1 sweet potato, diced
- ½ teaspoon saffron
- 3 cups Fish Stock ([chapter 4](#)) or Chicken Bone Broth ([chapter 4](#))
- 2 lobster tails
- 1 tablespoon chopped fresh flat-leaf parsley

IN a large pot over medium heat, heat the ghee or butter. Add the shallot, garlic, and sea salt and sweat, stirring occasionally, for 5 minutes.

ADD the thyme and vermouth and reduce until almost evaporated, about 5 minutes.

ADD the chorizo, sweet potato, saffron, and stock or bone broth and bring to a simmer over medium-high heat. Cook until the diced potato has softened, about 10 minutes.

ADD the lobster tails and cook for 2 minutes. Remove the lobster from the pot, cool slightly, and remove the meat from the shells. Chop the meat, return it to the liquid, and cook gently for 5 minutes more, then remove from the heat. Adjust the seasoning with sea salt to taste and serve immediately, garnished with the chopped fresh parsley.

THE stew or any leftovers can be refrigerated for up to 1 week, or frozen for up to 6 months.

BRISKET with TOMATO, CLOVE, and CHARRED ONION

SERVES: 4 | PREP TIME: 10 MINUTES | COOK TIME: 30 MINUTES

If we know a huge week is ahead of us, we'll prepare all of our food in advance to eliminate the chance of missing a meal or not eating nutritious food. We like to cook two or three different proteins and then repurpose the leftovers in different meals so we have some variety. This dish is one of our go-tos—it's a great way to use up leftover brisket from our Tomato-Braised Brisket ([chapter 8](#)).

- 1 white onion, peeled and halved
- 1 tablespoon ghee or olive oil
- 2 plum tomatoes, diced
- 3 garlic cloves, minced
- 3 parsnips, peeled and diced
- ½ tablespoon minced fresh thyme
- ⅓ teaspoon ground cloves
- 1 teaspoon sea salt, plus more as needed
- 2 cups Beef Bone Broth ([chapter 4](#))
- 8 ounces leftover Tomato-Braised Brisket ([chapter 8](#))
- 1 tablespoon chopped fresh basil

SET the broiler to high.

RUB the onion halves with 1½ teaspoons of the ghee or oil, place on a baking sheet, and then place under the broiler. Broil until the onions begin to blacken, about 5 minutes. Remove the onions from the oven and cut into large dice.

IN a large pot over medium heat, combine the tomatoes, charred onions, garlic, parsnips, thyme, cloves, sea salt, and the remaining ghee or oil. Cook for 10 minutes, stirring occasionally.

ADD the bone broth and increase the heat to medium-high. Once the broth is simmering, reduce the heat to medium and cook for 10 minutes. Add the brisket and cook for 5 minutes more.

REMOVE the pot from the heat and serve the brisket immediately in bowls, garnished with chopped fresh basil.

ALTERNATIVELY, the dish or any leftovers can be refrigerated for up to 1 week, or frozen for up to 6 months.



COCONUT-LIME CHICKEN STEW

SERVES: 6 | PREP TIME: 10 MINUTES | COOK TIME: 30 MINUTES

Coconut and lime—what a great summer combo! One-pan dishes like this are a blessing any night of the week. We're always looking for quick and creative ways to get more sauces into our meals. Simultaneously cooking a protein and a bone broth-based sauce on the stovetop in 30 minutes really answers the call.

- 1 small onion, peeled and chopped
- 1 tablespoon peeled and minced fresh ginger
- 2 garlic cloves, chopped
- 1 jalapeño pepper, seeded
- One 13–14 ounce can coconut milk
- ¼ teaspoon raw honey
- ½ cup chopped fresh cilantro
- ¼ cup Chicken Bone Broth ([chapter 4](#))
- 2 tablespoons tallow, chicken fat, or ghee
- 3 pounds boneless, skinless chicken thighs
- 1 teaspoon sea salt
- Juice of 2 limes
- Finely grated zest of 2 limes

PUT the onion, ginger, garlic, jalapeño, coconut milk, honey, cilantro, and broth in a blender and blend until smooth. Set aside.

IN cast-iron skillet or sauté pan over medium-high heat, heat the tallow. Season the chicken thighs with the sea salt and sear in the hot ghee or oil until golden brown, about 4 minutes per side.

POUR the reserved blended mixture into the skillet with the chicken, reduce the heat to medium, and bring to a simmer. Cook for 20 minutes, turning the chicken frequently, until internal temperature is 165° F.

SERVE with a squeeze of fresh lime juice, and garnish with lime zest.

THE stew or any leftovers can be refrigerated for up to 1 week, or frozen for up to 6 months.

BISON and BUTTERNUT SQUASH CHILI with PEPPERS

SERVES: 6 TO 8 | PREP TIME: 30 MINUTES | COOK TIME: 3 HOURS

Chili is the ultimate comfort food. And the best part of making chili is the multitude of combinations of meats, veggies, herbs, seasonings, and broths that can be used. This recipe quickly became one of our favorites after we entered it into our church's annual chili cook-off. While we didn't bring home the win that day, we sure made people think outside the box when it comes to chili. We encourage you to use this recipe as a guide in designing your own prize-winning chili!

- 1 butternut squash, peeled, cut in half, seeds removed, and diced
- 2 sweet potatoes, diced
- 3 tablespoons ghee or olive oil
- 1 teaspoon sea salt, plus more as needed
- 1 onion, peeled and diced
- 1 shallot, peeled and diced
- 3 whole garlic cloves
- 2 carrots, peeled and diced
- 1 apple, cored and diced
- 1 celery stalk, diced
- 2 pasilla chiles, seeds removed and diced
- 2 red bell peppers, seeds removed and diced
- 4 cups Beef Bone Broth ([chapter 4](#)) or Chicken Bone Broth ([chapter 4](#))
- 2 tomatoes, diced
- 2 pounds ground bison
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- 1 pound bacon, diced

PREHEAT the oven to 350°F.

ON a baking sheet or two, toss the diced butternut and sweet potato in 1 tablespoon of the ghee or the oil with a couple pinches of sea salt and spread out evenly. Roast for 20 minutes, or until golden brown.

IN a large pot over medium heat, add half of the onion, the shallot, garlic, carrots, apple, celery, half of the pasilla chile, half of the bell pepper, 1 tablespoon of the remaining ghee, and a couple of pinches of sea salt. Sweat, stirring occasionally, for 10 minutes. Add 2 cups of the bone broth and the tomatoes and simmer for 10 minutes, or until the veggies are softened. In a blender, puree the mixture until smooth, then add to a large pot or slow cooker.

BY now, the sweet potato and butternut squash should be done. Remove them from the oven and add to the pot or slow cooker.

IN a cast-iron skillet or sauté pan over medium-high heat, heat the remaining 1 tablespoon ghee. Add the ground bison, spread it out in an even layer, and let it brown deeply, about 5 minutes. You need to brown only one side, as stirring it will cause it to steam and you won't achieve that nice deep sear that's going to add amazing flavor. The meat will finish cooking in the pot or slow cooker, so don't worry if it's not cooked all the way through. Once browned, transfer the meat to the pot or slow cooker. Stir in 1 teaspoon of the sea salt, the chili powder, cumin, and garlic powder.

IN the same skillet used to brown the beef, cook the diced bacon, stirring occasionally, until crisp, about 12 minutes. Transfer the bacon to the pot or slow cooker.

ADD the remaining onion half, the pasilla chile, bell pepper, and bone broth to the pot or slow cooker. If cooking on the stovetop, turn the heat to medium and let simmer for 2 hours. If using a slow cooker, set the heat to high and cook for 2 hours. Adjust the seasoning with additional sea salt to taste, if needed, and serve.

THE chili can be refrigerated for up to 1 week, or frozen for up to 6 months.

RED CURRY PORK with SWEET POTATOES and CARROTS

SERVES: 4 TO 6 | PREP TIME: 15 MINUTES | COOK TIME: 3 TO 5 HOURS

We really love curry. However, we most often find yellow curry in dishes when dining out or browsing recipes for inspiration. While we do use yellow curry in this book, we wanted to create a stew highlighting the delightful flavor and vibrant color of red curry. If you do not eat pork, this dish can be prepared using chicken thighs, beef brisket, or beef roast.

- 2 tablespoons ghee or olive oil
- 3 pounds pork shoulder, cut into 3-inch chunks
- 2 teaspoons sea salt, plus more as needed
- 3–4 tablespoons red curry paste
- 1 onion, peeled and diced
- Two 13–14 ounce cans coconut milk
- 2 tablespoons fish sauce
- 5 garlic cloves, diced
- 3 cups Chicken Bone Broth ([chapter 4](#)) or Pork Bone Broth ([chapter 4](#))
- 2 carrots, peeled and diced
- 2 sweet potatoes, diced
- 2 tablespoons chopped fresh cilantro

PREHEAT the oven to 350°F.

HEAT the ghee or oil in large oven-safe pot or Dutch oven over medium-high heat. Season the pork evenly with the sea salt and sear until browned, working in batches, if needed, to avoid overcrowding the pot.

ONCE the pork is seared, add the curry paste, onion, coconut milk, fish sauce, garlic, and bone broth and bring to boil over medium heat. Reduce to simmer, cover the pot, transfer to the oven, and braise for 2½ hours. Alternatively, combine everything in a slow cooker, set the temperature to high, and cook for 5 hours.

WHEN 30 minutes of the cooking time remain for the pork, add the carrots and sweet potatoes and continue to cook for 30 minutes. If cooking in the oven, uncover the pot for these final 30 minutes to let the stew thicken. Continue to cook and reduce until the stew reaches your desired thickness.

IF using a slow cooker, strain the braising liquid from the cooker into a pot and reduce by half over medium-high heat.

SEASON the stew to taste with additional sea salt if needed. Serve in bowls, garnished with chopped

fresh cilantro.

THE stew or any leftovers can be refrigerated for up to 1 week, or frozen for up to 6 months.



GARLIC-BRAISED LAMB STEW with GOLDEN BEETS and RADISHES

SERVES: 4 TO 6 | PREP TIME: 30 MINUTES | COOK TIME: 3 HOURS

A lot of people who enjoy meat are not fans of lamb. This aversion most likely has something to do with the lamb's gamey taste, but lamb also gets a bad rap because it's not always well prepared. For us, the most flavorful and least expensive way to enjoy lamb is to slow cook it for a few hours with plenty of aromatics.

Searing is the key first step in building flavor when braising meat. If your pot or pan is overcrowded, the meat will steam instead, and you will forever lose the flavor that is developed through searing. This technique creates a beautiful and flavorful crust that really adds depth to your stew.

- 2½ pounds boneless lamb shoulder or leg
- 5 carrots, chopped
- 2 onions, peeled and chopped
- 1 cup whole garlic cloves
- 3 tablespoons ghee or olive oil
- 1 tablespoon plus 1 teaspoon sea salt
- 1 tablespoon chopped fresh thyme
- 1 cup dry sherry
- 2 bay leaves
- 3 cups Chicken Bone Broth ([chapter 4](#)), Beef Bone Broth ([chapter 4](#)), or Pork Bone Broth ([chapter 4](#))
- 2 golden beets, peeled and chopped
- 4 radishes, trimmed and chopped
- Chopped fresh herbs: oregano, parsley, or mint, for garnish

PREHEAT the oven to 375°F.

TRIM off as much fat and connective tissue from the lamb as you can, and cut the meat into 3- to 4-inch chunks. Set aside.

ON a baking sheet, toss the carrots, onions, and garlic with 1 tablespoon of the ghee or olive oil, 1 teaspoon of the sea salt, and the fresh thyme. Spread out the veggies in an even layer and roast in the preheated oven for 20 minutes.

IN a deep oven-safe pot or cast-iron Dutch oven over medium-high heat, add the remaining 2 tablespoons ghee or oil and heat until nearly smoking.

USING paper towels, pat the excess moisture from the lamb and immediately season each side liberally with the 2 tablespoons of sea salt. Place the lamb in the smoking oil and sear, working in batches to avoid overcrowding and ensure proper searing. Turn the lamb, searing all sides, about 3 minutes per side. Transfer the lamb to a plate to cool.

REMOVE the pan of veggies from the oven and transfer them directly to the pot used to sear the lamb. Add the sherry and deglaze the pot, then let simmer until reduced by half, about 5 minutes.

ADJUST the oven temperature to 250°F.

WHILE the sherry reduces, cut the lamb into 1-inch cubes and then add to the pot. Add the bay leaves and broth, cover, and transfer the pot to the oven. Braise for 2½ hours. Add the beets and radishes and let cook for 30 minutes more.

REMOVE the pot from the oven. If the braising liquid is too watery, place the pot on the stovetop over medium-high heat and simmer to reduce and thicken the liquid, up to 5 minutes.

DISCARD the bay leaves and season the stew to your taste with additional sea salt if needed. Serve in bowls, garnished with chopped fresh herbs such as oregano, parsley, or mint.

THE stew or any leftovers can be refrigerated for up to 1 week, or frozen for up to 6 months.



CRISPY CHICKEN STEW with LEMON, ARTICHOKEs, CAPERS, and OLIVES

SERVES: 4 | PREP TIME: 10 MINUTES | COOK TIME: 40 MINUTES

We love lemon, artichokes, and olives, so this dish just makes sense to us. We almost always leave the skin on our chicken thighs so we can render out some of the fat and crisp the skin to perfection. If you and your family enjoy Greek flavors as much as we do, then this stew will quickly become a favorite in your household.

- 1 tablespoon granulated garlic
- 1 teaspoon sea salt
- 1 teaspoon dried oregano
- 2 pounds bone-in, skin-on chicken thighs
- 2 tablespoons ghee or olive oil
- ½ red onion, peeled and chopped
- 2 garlic cloves, minced
- ¼ cup capers with brine
- ½ lemon, thinly sliced
- ¼ cup white wine
- 3 cups Chicken Bone Broth ([chapter 4](#))
- 2 cups canned artichoke hearts
- 1 cup kalamata olives
- 1½ teaspoons chopped fresh oregano

IN a large bowl, combine the granulated garlic, ½ teaspoon of the sea salt, and the dried oregano. Add the chicken thighs and rub the seasoning into the chicken until evenly coated; set aside. You can also cover and refrigerate the chicken thighs and marinate for 2 to 24 hours.

WHEN you're ready to cook the chicken, heat the ghee or oil in a cast-iron skillet or sauté pan over medium-heat.

REMOVE the marinated chicken thighs from the bowl and, using paper towels, pat the chicken thighs dry. Place the chicken thighs, skin side down, in the hot ghee or oil, spacing them evenly, and cook for 6 to 8 minutes, until the skin begins to brown. Turn the chicken thighs and brown on the opposite side for 5 minutes. Remove from the skillet and set aside.

IN the same skillet over medium heat, add the onion, garlic, capers, and the remaining ½ teaspoon sea salt. Cook for 5 minutes, stirring occasionally. Add the lemon slices.

ADD the white wine and deglaze the skillet, stirring to loosen any browned bits stuck to the bottom.

Bring to a simmer and let cook for 5 minutes.

ADD the chicken broth, return the thighs to the skillet, and bring to a simmer. Simmer for 5 minutes.

ADD the artichoke hearts and olives and continue simmering for 10 minutes.

REMOVE the chicken thighs from the skillet, pull the meat from the bones, and roughly chop. Add the chicken meat back into the skillet and stir to distribute evenly. To serve, scoop the stew into serving bowls and garnish with the chopped fresh oregano.

THE stew or any leftovers can be refrigerated for up to 1 week, or frozen for up to 6 months.



HUNGARIAN MUSHROOM STEW with CRISPY PORK

SERVES: 4 | PREP TIME: 15 MINUTES | COOK TIME: 55 MINUTES

We first tasted this dish when Kate’s brother made it for us while we were writing this book, and it was so delicious that we quickly added it to the list! While Hungarian Mushroom Stew is typically very rich and creamy, we decided to lighten up the broth a bit and add some crispy pork for flavor and texture. Feel free to crisp up any extra protein you may have lying around—beef would also work nicely.

- 1 small butternut squash, peeled, cut in half, seeds removed, and diced
- 3 tablespoons ghee or olive oil
- 3 teaspoons sea salt
- 6 cups Chicken Bone Broth ([chapter 4](#)) or Pork Bone Broth ([chapter 4](#))
- 1½ cups thinly sliced cremini mushrooms
- 3 garlic cloves, minced
- 1 teaspoon chopped fresh dill, plus more for garnish
- 1 teaspoon Hungarian paprika
- 12 ounces Tomatillo-Cilantro Pulled Pork ([chapter 8](#))

PREHEAT the oven to 350°F.

ON a baking sheet, toss the butternut squash with 1 tablespoon of the ghee or oil and 1 teaspoon of the sea salt. Spread out the squash in an even layer and roast in the preheated oven for 20 minutes.

IN a large pot over medium-high heat, combine the roasted squash and 3 cups chicken or pork bone broth. Bring to a simmer and reduce the broth by half, about 15 minutes.

MEANWHILE, in a sauté pan over medium-high heat, cook the mushrooms and garlic in 1 tablespoon of the remaining ghee or oil until slightly browned, about 5 minutes, stirring as needed. Transfer to a paper towel-lined plate to cool.

TRANSFER the simmering squash-broth mixture to a blender and puree until smooth, or use an immersion blender to puree the mixture right in the pot.

IN the same pot, combine the pureed mixture, the cooked mushrooms and garlic, the dill, paprika, the remaining 2 teaspoons of sea salt, and the remaining 3 cups chicken or pork bone broth. Bring to a simmer and cook for 10 minutes.

IN a sauté pan over medium-high heat, add the remaining 1 tablespoon ghee or oil. Add the pork to the hot ghee or oil and cook, turning as necessary, until golden brown and crispy.

PLACE a scoop of crispy pork in the center of each serving bowl and ladle the broth and mushrooms over the pork. Garnish with fresh dill and serve.

THE stew or any leftovers can be refrigerated for up to 1 week, or frozen for up to 6 months.

MARVELOUS MUSHROOMS

There are more than 38,000 varieties of mushroom all over the world—many of them inedible, or even deadly. But thankfully there are dozens of varieties we can eat and enjoy. Most supermarkets have a small section dedicated to edible mushrooms. Here’s a primer on the most common ones.

White: This is the most common type of mushroom and comes in a range of sizes, from the tiny “button” size to extra large, perfect for stuffing. These mushrooms have a mild, delicate flavor. And the smaller the mushroom, the more delicate the flavor.

Chanterelle: These funnel-shaped mushrooms are beloved by many for their fruity aroma. They come in a spectrum of colors, including yellow, orange, brown, pale white, and black. Rinse their wrinkly undersides gently but quickly before cooking with them.

Oyster: Oyster mushrooms grow in overlapping clusters of their shell-shaped caps. These mushrooms are thin and cook fairly evenly when torn instead of sliced, making them a popular ingredient in stir-fry and sauté dishes.

Portobello: A jumbo-size, dark brown mushroom that can measure as much as 6 inches across. It has a rich, meaty texture that makes a wonderful burger substitute for vegetarians. Its woody stems should be removed and saved for soup or stock.

Shiitake: The umbrellalike shiitake has a thin stalk and a meaty, dark brown cap. Its smoky flavor is robust compared to many varieties of mushroom, and holds its own in dishes that include other bold flavors. You can buy shiitakes fresh or dried. Remove the tough stems before cooking, and reserve for flavoring soups, stocks, and sauces.

Shopping and Storage Tips

- When purchasing edible mushrooms, we prefer to select them from the bulk bins if possible. This allows us to examine them and ensure the flesh is still firm and the gilled underside of each mushroom is still tight.
- Use a damp cloth or paper towel to wipe any dirt from mushrooms before using. As with most mushrooms, avoid rinsing with water if possible, because they can get waterlogged.
- Store mushrooms in the refrigerator in a paper bag. Discard if they begin to get wet and slimy.

PORK ADOVADA

SERVES: 4 TO 6 | PREP TIME: 15 MINUTES | COOK TIME: 55 MINUTES

The color of this dish is absolutely stunning. Found in Mexican markets or in the ethnic aisle in supermarkets, achiote consists of ground-up annatto seeds, and has long been used as a natural coloring agent for many processed foods. We love its vibrant color and mild, sweet, peppery flavor.

We like to use pork in this recipe, but chicken and beef make great substitutes if you don't eat pork. Serve this stew over Cauliflower Rice ([chapter 10](#)), rice, quinoa, or risotto for a complete meal. Oh, and leftovers, if you have any, make for a delicious breakfast paired with eggs and some fresh avocado.

- 6 dried California or New Mexico chiles
- 1 tablespoon olive oil or ghee
- 1- to 2-pound boneless pork shoulder, cut into 1-inch chunks
- 1 tablespoon sea salt
- ½ onion, peeled and cut into small dice
- ¼ cup golden raisins
- 4 garlic cloves, minced
- ¼ cup achiote paste
- 1 tablespoon white wine vinegar
- 3 cups Pork Bone Broth ([chapter 4](#))

SOAK the dried chiles in hot water to cover for 5 minutes.

MEANWHILE, in a large pot, heat the ghee or oil over medium-high heat. Season the pork with the sea salt and sear in batches, making sure not to overcrowd the pot. Transfer the seared pork to a plate and reserve.

IN the same pot, combine the onion, raisins, garlic, achiote paste, and vinegar. Strain the soaked chiles, add to the pot, and cook for 5 minutes, stirring frequently.

ADD the bone broth and bring to a simmer. Cook over low-medium heat for 20 minutes.

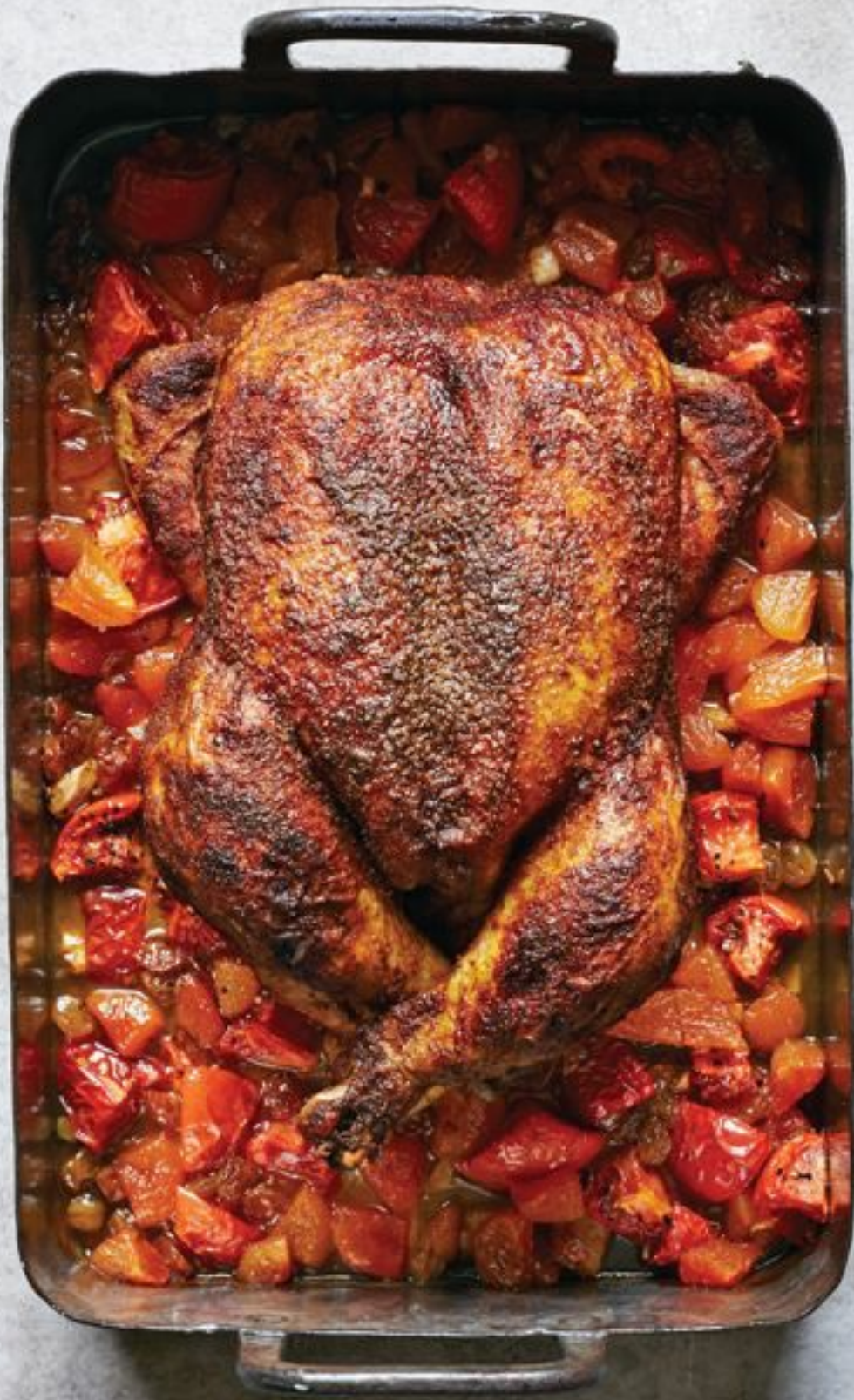
TRANSFER the mixture to a blender and blend until smooth. Pass the mixture through a strainer back into the pot and return to the heat. Add the pork chunks and bring to a simmer over low heat. Simmer for 30 minutes, adding more broth or water as needed to keep the pork covered.

ONCE the pork is fork-tender, remove the stew from the heat and serve immediately, or cool and refrigerate for up to 1 week, or freeze for up to 6 months.

Chapter 8

MEAT





MEAT DISHES OFFER AN OPPORTUNITY FOR BONE BROTH TO REALLY STRUT ITS STUFF AS THE STAR OF THE DISH. THIS IS THE FIRST CHAPTER WHERE YOU WILL GET TO SEE IT ADD TEXTURE, BODY, AND FLAVOR TO YOUR FOOD IN UNEXPECTED WAYS. USE IT TO GLAZE, DEGLAZE, BASTE, SAUCE, AND TENDERIZE. WATCH IT MORPH FROM GOLD AND LIQUID TO DARK AND GELATINOUS.

One of the finest delicacies in the Western culinary tradition is meat served, as the French say, *au jus*, or “with its own juice.” A meat’s own juice, or broth, is the most natural way to enhance its flavor, and to infuse it with minerals and other good-for-you nutrients. No matter how you include broth in your meat dishes—whether as a cooking agent, a glaze, or a sauce—you’re bound to notice a tremendous difference in the quality of the meal.

Used as a cooking agent, bone broth can help to unwind the proteins in meats, making them more available to our bodies and naturally tenderizing even the toughest cuts of meat. As a glaze and an ingredient in sauces, broth lends body and a thicker, richer texture that is pleasing to the palate.

Real bone broth is the secret to juicy, succulent pulled pork, to barbecue chicken bursting with flavor, to a chicken pot pie that rivals Mom’s finest, and to a pork tenderloin that will wow your taste buds.

In this chapter, we have incorporated bone broth into many classic meat dishes, such as burgers and stuffed peppers, along with a healthy offering of new ideas you may not yet have tried.

As you cook your way through these pages, we encourage you to select your meats in the same way you select the bones for your broth: Seek cuts from the healthiest animals you can find. In many cases, that means organic, pastured, or grass-fed.

LOADED LAMB STUFFED YAMS

SERVES: 4 | PREP TIME: 5 MINUTES | COOK TIME: 1 HOUR AND 10 MINUTES

We often have a fridge full of leftovers in random quantities, making it tricky to piece together a complete meal. This dish is an easy and delicious way to use up any extra food before it goes bad. We love lamb with the yams, but feel free to use any leftover protein you have on hand.

- 4 yams
- 4 garlic cloves, peeled
- 5 bacon strips
- 2 teaspoons sea salt
- ½ cup bone broth, any flavor ([chapter 4](#))
- 8 ounces leftover braised lamb ([chapter 7](#))
- 2 tablespoons thinly sliced fresh chives

PREHEAT the oven to 350°F.

PLACE the yams, garlic, and bacon strips on a baking sheet and bake in the preheated oven until the bacon is crispy, about 20 minutes. Remove the bacon and garlic from the pan and return the pan with the yams to the oven for 30 minutes more, or until knife-tender.

WHEN the yams are done, cut them in half lengthwise and scoop out the flesh, leaving the skins intact as best as you can.

TRANSFER the yam flesh along with roasted garlic and sea salt to a pot. Stir in the bone broth and bring to a simmer over medium heat. Cook for 6 minutes, stirring frequently to mash it up.

FILL the skins with the yam mixture. Top with the leftover braised lamb and the crispy bacon, and return to the oven for 10 minutes. Garnish with chives and serve immediately.

STORE leftovers, refrigerated, for up to 1 week.



GRASS-FED BURGER with CARAMELIZED ONION, GARLIC, and SUN-DRIED TOMATO

SERVES: 4 | PREP TIME: 10 MINUTES | COOK TIME: 15 MINUTES

We love eating burgers. The thing is, after a while, burgers can get boring. And we don't like boring. Caramelized onions are a great burger topping, so we figured why not just put them inside the burger? We've put a lot of things inside burgers, but caramelized onions are, hands down, the best. Caramelizing onions with bone broth really takes them to another level. As the broth reduces, the gelatin is concentrated, coating the onions with some serious flavor.

- 2 tablespoons ghee or olive oil
- ½ onion, peeled and thinly sliced
- 8 garlic cloves, thinly sliced
- 2 teaspoons sea salt, plus more as needed
- 1 cup Beef Bone Broth ([chapter 4](#))
- 2 tablespoons julienned oil-packed sun-dried tomatoes
- 1 pound grass-fed ground beef
- 1 teaspoon freshly ground black pepper
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1 teaspoon chili powder
- Gluten-free buns, for serving (optional)

HEAT 1 tablespoon of the ghee in a cast-iron skillet or sauté pan over medium heat. Add the onion, garlic, and 1 teaspoon of the sea salt and cook, stirring, until the onion and garlic begin to brown, about 6 minutes. Add ½ cup of the bone broth and cook until the mixture is almost dry. Stir and add the remaining ½ cup broth. Again, let this cook down until the broth has almost evaporated.

TRANSFER the onion and garlic mixture to a food processor along with the sun-dried tomatoes and pulse until chunky. Transfer the mixture to a mixing bowl and refrigerate to cool for about 5 minutes.

REMOVE the bowl from the refrigerator and add the ground beef, pepper, paprika, garlic powder, and chili powder. Using your hands, mix the meat and spices thoroughly and then form into 4 patties.

IN a cast-iron skillet or sauté pan, heat the remaining 1 tablespoon ghee or oil, add the patties, and fry, two at a time, over medium-high heat for 4 to 5 minutes per side.

SERVE the patties with our Tangy Ketchup ([chapter 11](#)) on a bed of lettuce, or on your favorite gluten-free buns if you like, with lettuce, tomato, and red onion, plus a side of Yucca Root Fries ([chapter 10](#)).

STORE leftover burgers, refrigerated, for up to 1 week.



TOMATILLO-CILANTRO PULLED PORK

SERVE: 6 | PREP TIME: 20 MINUTES | COOK TIME: 7 HOURS

There are a few reasons why we love braising large cuts of meat. For one thing, it's cheaper to buy tougher cuts than prime cuts. For another, you often end up getting bones out of the deal. And finally, you get more mileage out of your time in the kitchen, and you also get to make a sauce.

Braising requires very little prep time, unless you're cooking in a professional kitchen. But the same flavors can be developed in any home kitchen in half the time. Of course, it still takes a few hours, and this is why we plan to get our braising dishes in the oven or slow cooker the night before we want to enjoy them. This way, you spend less time in the kitchen, as your food literally cooks while you sleep.

- 6 tomatillos, halved
- 8 garlic cloves, smashed
- 1 serrano chile, seeds removed, roughly chopped
- 2 medium carrots, roughly chopped
- 1 large onion, peeled and roughly chopped
- 2 tablespoons ghee or olive oil
- 3 teaspoons sea salt, plus more as needed
- 4 pounds bone-in pork butt
- 3 cups Pork Bone Broth ([chapter 4](#)) or Chicken Bone Broth ([chapter 4](#))
- 1 bunch fresh cilantro, roughly chopped

PREHEAT the oven to 400°F.

ON a baking sheet, toss the tomatillos, garlic, serrano chile, carrots, and onion in 1 tablespoon of the ghee or oil and 1 teaspoon of the sea salt. Transfer to the oven and roast for 20 to 30 minutes, until lightly browned.

IN a deep cast-iron pot or Dutch oven, heat the remaining 1 tablespoon of the ghee or oil over medium-high heat until just about smoking. Season the pork butt with the remaining 2 teaspoons sea salt and sear in the hot ghee or oil until browned on all sides.

ONCE the vegetables are browned, remove them from the oven and transfer them straight into the pot with the pork. Add the bone broth and cover the pot.

REDUCE the oven temperature to 225°F. Transfer the pot with the pork and veggies to the oven and braise, covered, for 4 to 5 hours, until pork is fork-tender.

REMOVE the pot from the oven, uncover, and let the pork rest in the liquid for 25 minutes. Remove the

pork from the braising liquid and set aside on a plate.

TRANSFER the braising liquid and vegetables to a blender along with the cilantro, reserving a pinch or so for garnish, and blend until smooth. Season to taste with sea salt.

USING your hands or two forks, gently shred the cooked pork. Return the shredded pork to the pot and add as much sauce as desired. Serve garnished with a couple pinches of chopped fresh cilantro. We like to pair this pork with our Chow Chow ([chapter 10](#)).

ANY leftover sauce or pork can be refrigerated for up to 1 week, or frozen for up to 1 year. The extra sauce makes a great marinade for chicken breasts or pork chops!

ALMOND CHICKEN and ZUCCHINI SALAD

SERVES: 4 TO 6 | PREP TIME: 15 MINUTES | COOK TIME: 30 MINUTES

We love the peanut flavors incorporated in some Asian dishes, but for health reasons, we try to avoid eating peanuts. Our version of peanut chicken is made with almond butter instead of peanut butter and is served over a bed of crisp vegetables. The fresh, clean flavors of the chilled salad pair so nicely with the warm, rich chicken. This is one recipe you will find yourself making time and time again.

1 thumb-size piece fresh ginger, peeled and minced

2 garlic cloves, minced

2 tablespoons ghee or olive oil

Sea salt

½ cup coconut aminos or gluten-free soy sauce

½ cup Chicken Bone Broth ([chapter 4](#))

½ cup creamy almond butter

3 tablespoons chopped fresh cilantro

1 pound boneless, skinless chicken breasts or thighs

Freshly ground black pepper

2 zucchinis, peeled and julienned

1 jicama, peeled and julienned

1 bell pepper, any color, seeded and julienned

2 carrots, peeled and julienned

2 tablespoons olive oil

1 tablespoon chopped toasted almonds

IN a cast-iron skillet or sauté pan over medium heat, sweat the ginger and garlic in 1 tablespoon of the ghee or oil and a pinch of sea salt for 3 minutes, stirring frequently.

ADD the coconut aminos or soy sauce and the bone broth and simmer for 5 minutes. Stir in the almond butter and continue to simmer for 3 minutes.

TRANSFER the mixture to a blender, add 2 tablespoons of the chopped cilantro, and blend until smooth. Set aside and reserve.

IN a cast-iron skillet or sauté pan, heat the remaining 1 tablespoon of the ghee or oil over medium-high heat. Season the chicken with sea salt and black pepper to taste and sear in the hot ghee or oil until browned, about 3 minutes per side. When browned, return the reserved almond sauce to the skillet. Reduce the heat to medium-low and continue cooking for 10 minutes, flipping the chicken occasionally to ensure it cooks through. Remove the chicken from the pan, cool slightly, and chop into bite-size pieces, then return to pan and stir in with the sauce.

IN a bowl, toss the zucchini, jicama, bell pepper, and carrots with the 2 tablespoons of olive oil and a pinch of sea salt. Be sure to do this at the very last second just before serving, as the salt will pull the moisture from the zucchini making it mushy and the dish watery if you wait too long.

PLATE the vegetables and top with chopped chicken. Garnish with the remaining chopped fresh cilantro and the toasted almonds.

STORE any leftovers in an airtight container, refrigerated, for up to 1 week.

BARBECUE CHICKEN

SERVES: 2 TO 4 | PREP TIME: 10 MINUTES | COOK TIME: 40 MINUTES

This is our favorite way to make barbecue chicken. Being able to cook the protein and make the sauce at the same time is a huge convenience. The collagen in bone broth thickens up the sauce as it simmers, giving it a heavy mouthfeel and rich flavor. This dish can also be made using one of the barbecue sauces from this book if you have it on hand or wish to make it ahead of time. Simply sear the chicken as directed in the recipe and then cook it in the sauce.

- 1 tablespoon olive oil
- 1 pound boneless, skinless chicken thighs
- 2 teaspoons sea salt
- 2 carrots, peeled and diced
- ½ shallot, minced
- 1 serrano chile, seeds removed and minced
- 3 garlic cloves, minced
- 1 tablespoon tomato paste
- ¼ teaspoon Spanish paprika
- ¼ teaspoon garlic powder
- ¼ teaspoon ground coriander
- ¼ cup blackstrap molasses
- ⅓ cup apple cider vinegar
- 1 bay leaf
- 1 cup Chicken Bone Broth ([chapter 4](#))

IN a cast-iron skillet or sauté pan, heat the olive oil over medium-high heat. Season the chicken thighs with 1 teaspoon of the sea salt and sear in the hot oil, skin side down, until the skin is golden brown, about 6 minutes. Remove the chicken from the skillet and set aside.

ADD the carrots, shallot, chile, garlic, tomato paste, and the remaining 1 teaspoon sea salt and cook for about 10 minutes, stirring frequently, until the carrots have softened.

ADD the paprika, garlic powder, coriander, molasses, vinegar, bay leaf, and bone broth, bring to a simmer, and cook for 10 minutes. Remove the mixture from the heat, remove the bay leaf, and puree using an immersion blender. Alternatively, transfer the mixture to a blender or food processor and puree until smooth.

RETURN the mixture to skillet along with the seared chicken thighs, then return to the heat. Simmer the chicken thighs in the sauce for 10 to 12 minutes, turning the thighs frequently to ensure even cooking. Serve immediately with the pan sauce.

STORE leftovers, refrigerated, for up to 1 week, or freeze for up to 1 year.

CHOCOLATE-BRAISED PORK SHOULDER

SERVES: 4 TO 6 | PREP TIME: 15 MINUTES | COOK TIME: 4 HOURS AND 15 MINUTES

While we do offer a traditional mole recipe in this chapter (Chicken Mole, [chapter 8](#)), this dish was born from the desire to eat mole but not having enough time to prepare it. So we decided to improvise and create something that we thought would scratch our mole itch, but could be whipped up in a fraction of the time. We use a good amount of bone broth to cook the pork and then reduce it down to create a rich, chocolaty, and deeply satisfying sauce.

FOR THE RUB

- 1 tablespoon chili powder
- 2 tablespoons ancho or pasilla chile powder
- 2 tablespoons garlic powder
- 2 tablespoons sea salt

- One 3- to 5-pound bone-in pork shoulder
- One 3- to 5-ounce bar unsweetened dark chocolate (any kind)
- ½ pineapple, peeled and cut into large dice
- 1 apple, peeled, cored, and cut into large dice
- 4 garlic cloves, smashed
- 6 cups Chicken Bone Broth ([chapter 4](#))
- 1 tablespoon grated fresh turmeric (see sidebar, [chapter 8](#))

PREHEAT the oven to 350°F.

MIX together all the ingredients for the rub and coat the pork shoulder thoroughly.

PLACE the shoulder on a baking sheet and roast in the oven for 45 to 55 minutes, until nicely browned.

REMOVE the shoulder from oven and transfer to an deep oven-safe pot or Dutch oven. Add the remaining ingredients and cover with an oven-safe lid or aluminum foil. Place the pot in the oven and braise the pork for 3 hours.

REMOVE the braise from the oven and uncover. Remove the meat from the braising liquid and set aside on a baking sheet to cool. Transfer the braising liquid to a blender and blend until smooth. Return the blended liquid to the pot and bring to a simmer over medium-high heat. Continue to cook until reduced by one-third, about 15 minutes.

WHILE the liquid reduces, remove the meat from the bone and pull it apart using your hands or two forks. Discard any fat or connective tissue. Return the pulled meat to the pot with the reduced sauce

and simmer over low heat until the sauce reaches your desired consistency.

SERVE the pork with Cauliflower Rice ([chapter 10](#)) or Glazed Fennel with Cherry-Almond Relish ([chapter 10](#)).

STORE any leftovers in airtight containers in the refrigerator for up to 1 week, or freeze for up to 1 year.

3 REASONS WE COOK WITH TURMERIC

Turmeric is one of those warm, peppery spices we associate with many of our favorite Asian and Indian foods, including curry. It comes from the ginger family and, like ginger, can be used in its rhizome (root) form, although most of us are more familiar with its dried form. We love cooking with this deep yellow spice for three reasons.

1. Its depth of flavor. Turmeric has a distinctive flavor that's an intoxicating combination of earthy, bitter, and peppery—no one-dimensional flavor profile here!

2. Its versatility. It's a key ingredient in countless Asian and Middle Eastern dishes, from Cambodia to Pakistan. It is a great start to practically any meat or vegetable dish. It also makes a delicious yellow rice, or the perfect seasoning for a mug of hot broth in the morning.

3. It offers a host of health benefits. Many cultures have long believed that turmeric has medicinal properties, and science is now beginning to back up that wisdom. The curcumin in turmeric is a known anti-inflammatory and is a powerful antioxidant.

STUFFED POBLANO PEPPERS with CHILE SAUCE

SERVES: 4 | PREP TIME: 45 MINUTES | COOK TIME: 1 HOUR

Peppers make one great vehicle for stuffing, and they can be stuffed with just about anything. These peppers are packed full of flavor and energy and serve as a great pre- or post-workout snack. Sometimes we double the recipe just so we have leftovers to reheat for a quick breakfast, topped with a fried egg.

FOR THE SAUCE

½ dried puya or other dried red chile, such as guajillo, arbol, or cayenne
4 plum tomatoes
½ onion, peeled and thinly sliced
3 garlic cloves
2 sprigs fresh thyme
1 teaspoon ghee or olive oil
Sea salt and freshly ground black pepper

FOR THE PEPPERS

4 poblano peppers
½ medium onion, peeled and cut into small dice
4 tablespoons ghee
1 cup quinoa
2⅓ cups Beef Bone Broth ([chapter 4](#)) or Chicken Bone Broth ([chapter 4](#))
12 ounces shiitake mushrooms, stems removed, caps sliced
1 pound ground beef
1 Anaheim chile, diced
Sea salt and freshly ground black pepper
4 egg yolks, beaten

MAKE the sauce: Preheat the oven to 400°F.

BOIL some water in a small pot, remove from the heat, and then place the dried half chile in the hot water to soak for about 10 minutes.

MEANWHILE, in a bowl, mix the tomatoes, onion, garlic, and thyme with the ghee or oil. Season with sea salt and black pepper to taste.

SPREAD the mixture out on a baking sheet and roast in the preheated oven for 15 to 20 minutes, until the tomatoes begin to char.

REMOVE the vegetables from the oven and transfer everything to a food processor or blender. Drain the dried chile, reserving the liquid, and add to the blender. Blend until smooth, adding liquid as necessary to help the process. Discard the remaining liquid.

PREPARE the peppers: Preheat the oven to 350°F.

SLICE the poblano peppers in half lengthwise and remove the seeds. After removing seeds, bake in oven for 10 minutes, remove, and set aside.

IN a medium cast-iron skillet, sauté the diced onion in 2 tablespoons of the ghee over medium-high heat until translucent. Add the quinoa and toast for 1 to 2 minutes. Add 2 cups of the bone broth, bring the mixture to a simmer, and cook until the liquid has been absorbed and the seeds have bloomed, about 12 to 15 minutes. Transfer to a baking sheet to cool.

WHILE the quinoa is cooling, sauté the mushrooms in a separate pan in the remaining 2 tablespoons ghee. Once nicely browned, transfer to a bowl. Add the ground beef to the same pan and cook until browned. Add the Anaheim chile and the remaining $\frac{1}{3}$ cup bone broth and cook until the meat has absorbed all of the broth. Transfer to the bowl with the mushrooms and cool.

MIX the quinoa, mushrooms, and beef together and season to taste with sea salt and black pepper. Add the beaten egg yolks and mix thoroughly.

STUFF the peppers, place them on a baking sheet, and bake for 12 to 15 minutes.

REMOVE the stuffed peppers from the oven and spoon 1 tablespoon of the chile sauce onto each pepper. Serve immediately.

STORE leftovers, refrigerated, for up to 1 week.





CHICKEN POT PIE

SERVES: 4 TO 6 | PREP TIME: 15 MINUTES | COOK TIME: 65 MINUTES

Chicken pot pie is the ultimate comfort food. It reminds us of cold winters and rainy days. Unfortunately, finding a great homemade pot pie that isn't overwhelmingly starchy is quite difficult. This recipe has a gluten-free crust on the top only—just enough to bring the wonderful nostalgia of pot pie without the gut-wrecking aftermath of its traditional counterpart.

FOR THE FILLING

- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- ½ teaspoon dried thyme
- 2 teaspoons sea salt
- 1 pound bone-in, skin-on chicken thighs
- 2 tablespoons ghee or butter
- 1 onion, peeled and diced
- 2 carrots, peeled and diced
- 1 celery stalk, diced
- 3 cups Chicken Bone Broth ([chapter 4](#))

FOR THE CRUST

- ½ cup tapioca flour
- 1½ cups almond flour
- ⅓ cup Chicken Bone Broth ([chapter 4](#))
- ½ teaspoon sea salt
- ½ teaspoon minced fresh thyme
- 1 teaspoon minced fresh flat-leaf parsley
- 1 tablespoon ghee or butter
- ¼ teaspoon freshly ground black pepper
- 1 large egg

PREHEAT the oven to 350°F.

IN a mixing bowl, combine the garlic powder, oregano, thyme, and 1 teaspoon of the sea salt. Add the chicken thighs and thoroughly rub with the seasonings.

HEAT the ghee or butter in a cast-iron skillet or sauté pan over medium-high heat. Place the chicken thighs in the hot ghee or butter, skin side down, and cook until golden brown, about 15 minutes. Turn and brown the opposite sides, about 5 minutes. Remove the chicken from the skillet and set aside on a plate.

ADD the onion, carrots, celery, and the remaining 1 teaspoon sea salt to the same skillet and cook, stirring, for 5 minutes. Return the chicken thighs to the pot, add the bone broth, and bring to a simmer. Cook for 10 minutes, then transfer the mixture to an oven-safe casserole dish. Remove the chicken thighs, cut the meat from the bone, and chop it into bite-size pieces. Return the chicken pieces to the casserole dish.

MAKE the crust: In a mixing bowl, combine all the ingredients for the crust and mix thoroughly until you have a doughlike consistency. Roll the dough into a ball and place between two sheets of parchment or wax paper. Using a rolling pin or a wine bottle, roll out the dough until it has the surface area of your casserole dish. (Alternatively, you can prepare this dish in smaller ramekins or dishes and cut the dough as needed to fit whatever vessel you decide to use.)

ONCE the dough is rolled out, remove the top piece of parchment or wax paper. Carefully transfer the dough from the paper to the casserole dish to cover the filling completely. Place the pot pie in the oven and bake for 30 minutes. Remove from the oven and serve immediately.

STORE any leftovers, refrigerated, for up to 1 week.

SLOW-COOKED CHIPOTLE LAMB and PINTO BEANS

SERVES: 4 TO 6 | PREP TIME: 10 MINUTES | COOK TIME: 2 HOURS AND 40 MINUTES

This recipe pays homage to a dish Kate’s mother made when Kate was growing up. The original version calls for pork shoulder and green chiles instead of chipotles, giving it a much milder spice. This dish is quite simple and most of the ingredients can be substituted for whatever you have on hand. Use any meat, broth, chiles, or seasonings you’d like to explore—we often use beef brisket or short ribs and beef broth instead of lamb. Any leftover beans will make for the best bean dip you’ve ever had.

- 1 tablespoon ghee or olive oil
- One 1½- to 2-pound boneless lamb shoulder or leg, cut into chunks
- 2 tablespoons sea salt
- 1 pound dried pinto beans, rinsed
- 5 canned chipotle chiles, in adobo sauce
- 6 cups Chicken Bone Broth ([chapter 4](#)) or Beef Bone Broth ([chapter 4](#))
- 1 tablespoon ground cumin
- 6 garlic cloves
- 1 teaspoon dried oregano

PREHEAT the oven to 350°F.

IN a large oven-safe pot or Dutch oven, heat the ghee or oil until shimmering, just before smoking.

SEASON the lamb chunks with 1 tablespoon of the sea salt and gently place into the pot with the hot ghee or oil. Sear the lamb on each side for about 3 minutes, until browned, working in batches, if needed, to avoid steaming.

ONCE the lamb is browned, turn off the heat. Add the remaining ingredients to the pot, cover, and braise in the preheated oven for 2 to 2½ hours, or until the lamb is knife-tender.

REMOVE the pot from the oven and transfer the lamb chunks to a plate to cool. Once the lamb has cooled slightly, use your hands to shred the meat. Serve the shredded lamb over a scoop of the beans.

STORE leftovers, refrigerated, for up to 1 week, or freeze for up to 1 year.

STUFFED PORK TENDERLOIN

SERVES: 4 | PREP TIME: 20 MINUTES | COOK TIME: 40 MINUTES

This is one of our favorite ways to eat pork. Try using various sautéed greens and other nuts such as pine nuts, hazelnuts, pistachios, or almonds for your stuffing. Other dried fruits such as figs, apricots, currants, and cherries make for a great addition, too. Whatever you do, make sure to prepare the stuffing first and taste to ensure it's well balanced before moving forward with the pork.

- 2 tablespoons ghee or olive oil
- ½ cup peeled and diced onion
- 1 garlic clove, minced
- 1 tablespoon chopped oil-packed sun-dried tomatoes
- 2 canned artichoke hearts, chopped
- ¼ cup golden raisins
- ½ teaspoon chopped fresh sage
- 4 sprigs thyme, leaves chopped
- ¼ cup walnuts, chopped
- ¼ cup Pork Bone Broth ([chapter 4](#)) or Beef Bone Broth ([chapter 4](#))
- 1 pound pork tenderloin, fat and silverskin trimmed
- 2 teaspoons sea salt
- Freshly ground black pepper
- 1 large egg, beaten

PREHEAT the oven to 350°F.

IN a skillet over medium-high heat, combine 1 tablespoon of the ghee or oil and the onion and cook, stirring, until translucent, about 4 minutes. Add the garlic and cook, stirring, for 1 minute. Add the sun-dried tomatoes, artichokes, raisins, sage, thyme, and walnuts, and cook, stirring, for 2 minutes. Stir in the bone broth and cook until almost evaporated, about 5 minutes.

TRANSFER the mixture to a bowl and set aside to cool.

BUTTERFLY the tenderloin to open it up by carefully cutting lengthwise downward to your left and repeating the same cut to your right, rotating the tenderloin, if needed, based on your handedness. Envision a tri-fold pamphlet here as you make your cuts. The idea is that you are opening it up and creating more surface area for the delicious stuffing. Using a meat tenderizer, evenly pound the loin until it's about ¼ inch thick.

ONCE you have the loin opened up—it should look like a rectangle at this point—season the meat with 1 teaspoon of the sea salt and black pepper to taste. Next, fold the beaten egg into the stuffing, then

spread the stuffing over the meat in an even layer, and then roll the loin up like you would a piece of paper. Secure or tie up the stuffed roll; we recommend butchers' twine or kitchen string if you have it; otherwise, you can get away with using toothpicks.

IF using twine or string, gently tie the string snugly around one end of the loin and then work your way down the entire length of the loin. If using toothpicks, simply insert them into the seam of the pork roll to keep it from unraveling.

IN the same skillet used to cook the stuffing, heat the remaining 1 tablespoon ghee or oil over medium-high heat. Pat the stuffed pork dry with paper towels and season with the remaining 1 teaspoon sea salt. Sear the pork in the hot ghee or oil until browned, turning as needed to brown evenly, about 3 minutes per side. Transfer to a skillet and finish cooking in the oven until the pork has an internal temperature of 145°F, about 20 minutes. Remove the pork from the oven and transfer to a cooling rack or cutting board to rest, about 10 minutes.

WHEN ready to serve, slice the pork loin into thin rounds. We often serve this with our Roasted Garlic Potato Mash ([chapter 10](#)) and Braised Collard Greens with Bacon ([chapter 10](#)). It also pairs really nicely with our Sweet Cherry Sauce ([chapter 11](#)).

STORE leftovers, refrigerated, for up to 1 week.

CHICKEN MOLE

SERVES: 8 | PREP TIME: 30 MINUTES | COOK TIME: 2 HOURS AND 15 MINUTES

Mole is a type of traditional Mexican sauce. While its exact origins are debated and there are many different varieties of mole, one common denominator for all mole sauces is chile peppers. This is a great dish to make with friends or as a family during the cold winter months. It's a little more complex than some of the others in this book, but we feel that it is the perfect way to demonstrate the use of bone broth in cultures around the world.

- 4 dried New Mexico chiles
- 10 dried pasilla chiles
- 2½ cups boiling water
- 1 plum tomato, quartered
- 3 tomatillos, husks removed, halved
- ½ onion, peeled and sliced
- 3 whole garlic cloves
- 2½ cups Chicken Bone Broth ([chapter 4](#)), plus more as needed
- 1 tablespoon ghee or olive oil
- 1 ripe plantain, peeled and sliced into ¼-inch coins
- ⅛ cup whole almonds
- ⅛ cup pecans
- ⅛ cup peanuts
- 2 corn tortillas
- 2 cinnamon sticks
- 3 whole allspice berries
- 3 whole cloves
- 2 tablespoons raisins
- 2 tablespoons pumpkin seeds
- 2 tablespoons sesame seeds
- ⅛ teaspoon anise seeds
- ⅛ teaspoon cumin seeds
- 1 teaspoon dried thyme
- 4 ounces Mexican chocolate, such as Ibarra or Abuelita
- Sea salt to taste
- 4 boneless, skinless chicken breasts

CUT tops off of the dried chiles and discard them. Remove the seeds and veins. Toast the chiles in batches in a large cast-iron skillet over medium-high heat until they darken, 5 to 7 minutes per batch.

TRANSFER the toasted chiles to a large bowl, cover with the boiling water, and set aside to soak for 30

minutes.

IN the same cast-iron skillet, cook the tomato, tomatillos, onion, and garlic over medium heat until blackened, about 15 minutes. Transfer the mixture to a food processor with $\frac{1}{2}$ cup of the bone broth and puree. Set aside in a bowl.

IN same cast-iron skillet, heat 1 tablespoon of the ghee or olive oil. Add the plantain coins and fry until golden brown. Set aside in bowl.

WIPE the skillet out with a paper towel, add the almonds, pecans, and peanuts, and toast, stirring often. Transfer the toasted nuts to the bowl with the plantains.

TOAST the tortillas in the dry skillet until crisp. Remove and set aside.

IN same skillet, combine the cinnamon sticks, allspice, cloves, raisins, pumpkin seeds, sesame seeds, anise seeds, and cumin seeds and toast until fragrant, 2 to 3 minutes. Transfer to a bowl.

PUREE the plantain mixture in the food processor in two batches, using 1 cup of the bone broth for each batch; set aside.

DRAIN the chiles, reserving the liquid, and puree in the food processor in two batches, using $\frac{1}{2}$ cup of the soaking liquid per batch. Add the tortillas, toasted spices and seeds, and the thyme and blend until smooth. Using a fine-mesh sieve, strain into the skillet. Cook the chile puree over medium heat until reduced by one-third, about 15 minutes.

ADD the tomato puree and plantain puree and simmer until thickened, about 10 minutes. Add more of the chile soaking liquid if needed to thicken, then cook over low heat for 20 minutes.

ADD the chocolate and stir until melted. Add more bone broth, if needed, to thin out the mole. Cook for 30 minutes more and season with sea salt to taste.

IN a pot or large sauté pan, boil the chicken breasts over medium-high heat for 8 to 10 minutes, until cooked through. Cool and then shred the meat. Pour the mole sauce over the chicken and serve.

STORE leftovers, refrigerated, for up to 1 week.



ROASTED APRICOT CHICKEN with MINT and SAGE BUTTERNUT SQUASH

SERVES: 6 | PREP TIME: 20 MINUTES | COOK TIME: 1 HOUR AND 15 MINUTES

Roasting the whole bird is our favorite way to cook chicken for a few reasons. It's super easy, it produces juicy and tender meat, and it's the best bang for your buck. And, you can cook up a batch of bone broth with all the leftover bones!

This is also our go-to dish when having guests over. It's simple to prepare, tastes great, and yields quite a bit of food. We love roasted butternut squash, which pairs nicely with the clean flavors of sage and mint. We also love sauces, and this dish streamlines the sauce-making process by combining it with the roasting of the chicken.

FOR THE CHICKEN AND RUB

- 1 teaspoon ground cinnamon
- ½ teaspoon ground cumin
- 1 teaspoon ground turmeric
- 1½ teaspoons Spanish paprika
- 1 teaspoon sea salt
- 1 teaspoon ghee or olive oil
- One 4- to 6-pound whole chicken
- 3 plum tomatoes, cut into small dice
- ½ cup chopped dried Turkish apricots
- 4 large garlic cloves, minced
- ¼ cup golden raisins
- 3 cups Chicken Bone Broth ([chapter 4](#))

FOR THE SQUASH

- 1 butternut squash, peeled, cut in half, and seeds removed, cut into small dice
- 1 teaspoon olive oil
- 1 tablespoon roughly chopped fresh sage
- 1 tablespoon roughly chopped fresh mint
- 2 teaspoons sea salt

PREPARE the rub and the chicken: Preheat the oven to 375°F.

IN a large mixing bowl, combine the cinnamon, cumin, turmeric, paprika, sea salt, and ghee or oil. Add the chicken to the bowl and, using your hands, work the rub into the chicken, ensuring the entire chicken is coated.

IN a deep cast-iron pot or slow cooker, combine the tomatoes, apricots, garlic, raisins, and broth. Place the chicken on top of the veggies and place the pot in the oven for 50 minutes, or until the chicken reaches an internal temperature of 150°F.

REMOVE the chicken from the pot and set aside to rest for 15 minutes. Bring the pot with the veggies and broth to a simmer over medium-low heat. Simmer for 10 to 15 minutes or until reduced by half and thickened.

MEANWHILE, prepare the butternut squash: Toss the squash with the olive oil, sea salt, fresh sage and mint. Spread out in an even layer on a baking sheet and roast in the preheated oven for 15 minutes, or until knife-tender.

TO finish the dish: Using a large knife and fork, carve the chicken meat from the carcass. Cut the chicken into bite-size pieces and mix thoroughly into the simmering sauce. Remove from the heat and serve over the roasted butternut squash.

STORE leftovers, refrigerated, for up to 1 week.



FIG-BRAISED CHICKEN with SPICED WALNUTS

SERVES: 4 TO 6 | PREP TIME: 15 MINUTES | COOK TIME: 50 MINUTES

When we lived in San Diego, we used to walk through dozens of neighborhoods where we found fig, pomegranate, and citrus trees everywhere. Nothing beats the delicate flavor and juicy texture of a fresh, ripe fig—nothing except for maybe this dish. While fresh figs aren't highly accessible for most people, dried figs can usually be found at just about any market. We use dried figs here to create a dish that reminds us of those summer evening walks when we would score a bounty of fresh figs. Served with spicy toasted walnuts and smothered in a sweet and silky sauce, this dish is sure to become a family favorite.

FOR THE CHICKEN

- 2 tablespoon ghee or olive oil
- ½ cup dried mission figs, diced
- ½ cup dried cherries
- ¼ cup balsamic vinegar
- 1 tablespoon Worcestershire sauce
- 6 boneless, skinless chicken thighs
- 2 tablespoons ghee or olive oil
- 1 teaspoon sea salt
- 1 cup Chicken Bone Broth ([chapter 4](#))
- Chopped fresh flat-leaf parsley, for garnish

FOR THE WALNUTS

- ½ cup walnuts
- 1 tablespoon olive oil
- ¼ teaspoon sea salt
- ¼ teaspoon paprika

PREPARE the chicken: In a cast-iron skillet or sauté pan over medium-high heat, add 1 tablespoon ghee or oil along with the figs and cherries and sauté for 2 minutes. Add the balsamic vinegar and Worcestershire sauce and simmer to reduce by one third, about 3 minutes. Remove from the heat.

TRANSFER the marinade to a bowl and place in the freezer to cool for about 10 minutes.

IN the same bowl or a resealable zip-top plastic bag, combine the chicken and marinade. Mix thoroughly to coat the chicken evenly, cover if using a bowl, and refrigerate for at least 2 hours, or up to 24 hours.

WHEN you are ready to eat, preheat the oven to 400°F.

TRANSFER the chicken from the marinade to a plate. Reserve the marinade.

HEAT the remaining 1 tablespoon ghee or oil in an oven-safe cast-iron skillet or sauté pan over medium-high heat. Season the chicken thighs with the sea salt and cook the chicken in the hot ghee or oil until browned, about 3 minutes per side. Add the reserved marinade and bone broth and bring to a simmer. Reduce the liquid by half, about 10 minutes, turning the chicken periodically to ensure even cooking.

MAKE the spiced walnuts: On a baking sheet or in an oven-safe sauté pan, toss the walnuts with the olive oil, sea salt, and paprika. Spread out in an even layer and toast in the oven for about 10 minutes.

TRANSFER the skillet or pan with the chicken to the oven and cook for 10 minutes. Remove from the oven and let sit for 10 minutes. Serve the chicken, garnished with toasted walnuts and chopped fresh parsley.

STORE leftovers, refrigerated, for up to 1 week, or frozen for up to 1 year.



BEEF RAGÙ with SPAGHETTI SQUASH

SERVES: 4 TO 6 | PREP TIME: 15 MINUTES | COOK TIME: 1 HOUR AND 45 MINUTES

This is our version of a spaghetti dinner. Don't be intimidated by the ingredient list—it's a simple meal to prepare. You can make “noodles” out of any type of squash if you have a spiral slicer on hand. To change things up, we sometimes make zucchini noodles instead of spaghetti squash. But if you're new to making veggie noodles, start with spaghetti squash, which literally falls apart like spaghetti, doing all of the hard work for you.

FOR THE RAGÙ

- 2 tablespoons ghee or olive oil
- ½ onion, peeled and diced
- 8 garlic cloves, minced
- 1¼ teaspoons sea salt
- ½ pound cremini mushroom, sliced
- 2 large portobello mushrooms, stems removed, caps diced
- 1½ cups Beef Bone Broth ([chapter 4](#))
- 1 pound ground beef
- ¼ teaspoon ground coriander
- ½ teaspoon ground cumin
- ½ teaspoon paprika
- ½ teaspoon garlic powder
- 2 sprigs thyme, leaves chopped
- 1 tablespoon chopped fresh oregano leaves
- 3 cups tomato sauce

FOR THE SPAGHETTI SQUASH

- 1 large spaghetti squash, halved, seeds removed and reserved
- 2 tablespoons ghee or olive oil
- 1 tablespoon sea salt
- 1 tablespoon chopped fresh flat-leaf parsley, plus extra for garnish

FOR THE RELISH

- Reserved roasted seeds from the spaghetti squash
- 1 tablespoon minced fresh flat-leaf parsley
- 2 tablespoons currants or raisins
- 1 teaspoon apple cider vinegar
- 1 tablespoon olive oil
- ¼ teaspoon paprika

¼ teaspoon sea salt

MAKE the ragù: Preheat the oven to 350°F.

IN a saucepan over medium heat, heat 1 tablespoon of the ghee or oil. Add the onion, garlic, and 1 teaspoon of the sea salt. Sweat the mixture for 5 minutes, stirring occasionally. Stir in the mushrooms and sweat for 5 minutes more.

ADD ½ cup of the beef bone broth and bring to a simmer. Let reduce until almost dry, about 6 minutes. Transfer the mixture to a bowl.

PREPARE the squash: Place the squash halves on a baking sheet and rub thoroughly with 2 tablespoons of the ghee or oil and 1 tablespoon salt. Place the squash halves, skin side up. Toss the seeds in 1 tablespoon ghee or oil and a pinch (¼ teaspoon) of salt as well, spread out evenly on the pan and transfer to the oven. Bake for 10 minutes, remove the seeds, and continue cooking the squash for a total of 35 to 40 minutes, until the squash flesh can be easily removed with a fork. When the squash is done, remove it from the oven, turn the squash, flesh side up, and set aside to cool for about 10 minutes.

MEANWHILE, in the same pot used to cook the mushrooms, heat the remaining 1 tablespoon ghee or oil over medium-high heat. Add the beef to the hot ghee or oil and cook until browned, about 5 minutes per side, using a spatula to break the meat up as you brown it. Add the remaining ¼ teaspoon sea salt, the coriander, cumin, paprika, garlic powder, and the remaining 1 cup beef bone broth and bring to a simmer. Let simmer until the broth has reduced by half, about 5 minutes.

ADD the thyme, oregano, and tomato sauce, stir, and bring to a simmer. Cook for 15 minutes, then add mushroom mixture. Cook for 5 minutes more and remove from the heat.

PREPARE the relish: Combine all the relish ingredients in a small bowl and mix thoroughly.

TO plate the dish: Using a fork, scrape the squash flesh from the skin into a bowl and toss with the chopped fresh parsley. Serve the ragù over the spaghetti squash strands and garnish with the squash seed relish.

STORE leftovers, refrigerated, for up to 1 week.

TOMATO-BRAISED BRISKET with ROASTED GARLIC POTATO MASH

SERVES: 6 | PREP TIME: 15 MINUTES | COOK TIME: 3½ HOURS

Brisket is one of those cuts of meats that can make you question the universe and everything in it. It's perfectly fatty and rich and takes on whatever flavors you want it to. We absolutely love the flavor of olive oil, thyme, and roasted tomatoes and garlic, so here we are.

- 6 tomatoes, quartered
- 6 garlic cloves, roughly chopped
- 1 tablespoon fresh thyme leaves, chopped
- 2 teaspoon sea salt
- 3 tablespoons olive oil
- One 3- to 4-pound beef brisket
- 3 cups Beef Bone Broth ([chapter 4](#))
- 1 tablespoon chopped fresh flat-leaf parsley
- 3 cups Roasted Garlic Potato Mash, for serving ([chapter 10](#))

PREHEAT the oven to 350°F.

IN a bowl, toss the tomatoes, garlic, and thyme with 1 teaspoon of the sea salt and 1 tablespoon of the olive oil. Spread the tomatoes out in an even layer on a baking sheet and roast in the preheated oven for 20 minutes.

IN a deep cast-iron pot or Dutch oven, heat the remaining 2 tablespoons olive oil over medium-high heat. Pat the brisket dry with paper towels and season evenly with the remaining 1 teaspoon sea salt. Sear in the hot oil until browned, 5 to 6 minutes per side.

ONCE the brisket is nicely caramelized, remove the tomato-garlic mixture from the oven and transfer it to the pot with the brisket. Add the beef bone broth and bring to a boil. Cover the pot with a lid or aluminum foil and transfer to the oven. Let the brisket braise in the oven for 3 hours, or until fork-tender.

REMOVE the braise from the oven and let rest for 30 minutes. Remove the brisket from the pot and set aside. Using an immersion blender, puree the braising liquid into a sauce right in the pot. Alternatively, transfer the mixture to a blender or food processor and puree until smooth.

USING your hands, pull the meat apart, then return it to the pot with the sauce. Add the parsley and mix thoroughly. Serve with the Roasted Garlic Potato Mash.

STORE leftovers, refrigerated, for up to 1 week or frozen for up to 1 year.



VEAL and WALNUT–STUFFED CABBAGE ROLLS

SERVES: 2 TO 4 | PREP TIME: 10 MINUTES | COOK TIME: 25 MINUTES

We love finger foods. Mainly because we're almost always hungry and finger food gives us good reason to bypass dinner etiquette and get straight to the eating. All that to say, these cabbage rolls make a great *hors d'oeuvre*. They can be served as is or alongside Cauliflower Rice ([chapter 10](#)) or with Almond Satay Sauce ([chapter 11](#)).

- ¼ cup finely chopped celery
- ¼ cup finely chopped onion
- ¼ cup finely chopped fennel
- 1 tablespoon ghee or olive oil
- 9 ounces ground veal or pork
- ½ cup roughly chopped walnuts
- 1½ teaspoons plus 1 tablespoon sea salt
- ½ teaspoon freshly ground black pepper
- 8 Savoy cabbage leaves
- 2 large eggs, beaten
- ¼ cup almond flour
- 1 to 2 cups bone broth, any flavor ([chapter 4](#))

PREHEAT the oven to 350°F.

IN a large cast-iron pan, sauté the celery, onion, and fennel in the ghee or oil until tender. Let the sautéed vegetables cool briefly, then mix in a large bowl with the ground veal, walnuts, and 1½ teaspoons of the sea salt and the ground black pepper.

FILL a large stockpot three quarters full with water and the remaining 1 tablespoon sea salt and bring to a boil. Blanch the cabbage leaves in the boiling water for 3 to 5 minutes, until tender. Remove and drain the leaves on paper towels.

ADD the eggs and almond flour to the veal mixture and mix thoroughly. Lay a cabbage leaf out and place some filling in the top center, then fold in the sides and ends of the leaf to hold the filling and roll toward you. Repeat with the remaining cabbage leaves and filling. Place the cabbage rolls in a large cast-iron skillet or sauté pan seam side down.

POUR broth into the pan until it comes about halfway up the sides of the cabbage rolls. Place the uncovered pan in the oven and cook for 20 minutes, or until the cabbage rolls are tender and the filling is cooked through. Serve the cabbages rolls immediately.

STORE leftover cabbage rolls, refrigerated, for up to 1 week.

BRAISED LAMB SHANK with BUTTERNUT SQUASH POLENTA

SERVES: 4 | PREP TIME: 35 MINUTES | COOK TIME: 4 HOURS

Braised lamb shank is undoubtedly a dish that's dressed to impress. It's such a fun dish to prepare and uses many of the cooking techniques found in this book, making it super rich and flavorful. We prepare this dish several times a year and it gets better each time. The sauce that results from the simmering of the lamb shanks in bone broth with vegetables, wine, and aromatics is absolutely divine. Beyond the flavor, this dish packs one heck of a nutritional punch with bone broth making an appearance in both the sauce and the polenta.

FOR THE LAMB

- 2 tablespoons ghee or olive oil
- 3 lamb shanks
- 2 teaspoons sea salt
- 2 carrots, scrubbed and chopped
- 1 onion, peeled and chopped
- 2 celery stalks, chopped
- 3 whole garlic cloves
- 8 ounces tomato paste
- 2 cups red wine
- 2 tablespoons chopped fresh rosemary
- 1 tablespoon fresh thyme, chopped
- 3 cups Chicken Bone Broth ([chapter 4](#)) or Beef Bone Broth ([chapter 4](#)), plus more as needed
- 4 bay leaves
- Chopped fresh flat-leaf parsley, for garnish

FOR THE POLENTA

- 1 pound butternut squash, peeled, cut in half, seeds removed, and diced
- 4 cups Chicken Bone Broth ([chapter 4](#)) or Beef Bone Broth ([chapter 4](#))
- 1 teaspoon sea salt
- 1 1/3 cups polenta
- 2 tablespoons ghee or butter

PREPARE the lamb shanks: Preheat the oven to 350°F.

IN a deep cast-iron pot or Dutch oven, heat the ghee or oil over medium-high heat.

SEASON the lamb shanks with 1 teaspoon of the sea salt and sear in the hot ghee or oil until browned, about 5 minutes per side. Sear in batches, if needed, to avoid steaming. Transfer to a plate.

TO the same pot, add the carrots, onion, celery, garlic, and the remaining 1 teaspoon sea salt. Cook the vegetables, stirring frequently, until browned, about 10 minutes. Stir in the tomato paste and cook for 5 minutes. Add the wine, rosemary, and thyme. Cook, stirring occasionally, 5 to 7 minutes or until the liquid has reduced by half.

RETURN the lamb shanks to the pot along with the bone broth and bay leaves. Cover the pot and transfer to the preheated oven to braise for 3½ hours, checking every 45 minutes or so to ensure there is enough liquid. Add broth as needed to ensure that the shanks are at least partially covered.

WHEN there is 1 hour remaining on the lamb, prepare the polenta: On a baking sheet, spread out the diced squash in an even layer and roast in the oven until browned, about 40 minutes.

IN a large saucepan over medium-high heat, combine the bone broth and sea salt and bring to a boil. Gradually whisk in the polenta in a slow, steady stream. Reduce the heat to medium and cook, whisking frequently, until thickened, about 20 minutes. Stir in the roasted butternut squash and the ghee or butter and remove the pan from the heat. The polenta can be transferred to a food processor and blended until smooth, or served chunky as is.

WHEN the lamb shanks are tender and the meat is falling from the bone, remove the pot from the oven and transfer the shanks to a plate. Bring the braising liquid to a simmer over medium-high heat and reduce by half, 12 to 15 minutes. Strain the sauce through a fine-mesh strainer and set aside; discard the strained solids.

TO plate the dish, spread a large spoonful of the polenta-squash mixture on each serving plate, pull the lamb meat from the bone, place atop the polenta, and drizzle some sauce over the top. Garnish with some chopped fresh parsley and serve.

STORE leftovers, refrigerated, for up to 1 week, or freeze for up to 1 year.

BEEF BOLOGNESE

SERVES: 4 TO 6 | PREP TIME: 5 MINUTES | COOK TIME: 2 HOURS

A classic Italian meat sauce, Bolognese is traditionally served over pasta. Though we are generally gluten-free, we are also human: sometimes we eat pasta. The other 90 percent of the time, we'll serve this sauce over roasted spaghetti squash.

- 2 tablespoons ghee or olive oil
- ¼ cup minced bacon
- 1 cup celery (cut into small dice)
- ⅔ cup carrots (cut into small dice)
- ½ cup onion (peeled and cut into small dice)
- 1 pound ground beef
- 1 teaspoon sea salt, plus more as needed
- ¼ teaspoon freshly ground black pepper, plus more as needed
- 3 cups Beef Bone Broth ([chapter 4](#))
- ½ cup white wine
- One 28-ounce can crushed tomatoes
- Chopped scallions, for garnish (optional)

IN a large cast-iron skillet over medium heat, fry the bacon until crispy, about 8 minutes, turning as needed to cook evenly.

ADD the celery, carrots, onion, and ghee or olive oil, stir once, and then let cook for 5 minutes to brown.

ADD the ground beef and cook through, stirring occasionally, about 10 minutes.

ADD the sea salt, black pepper, and ½ cup of the bone broth. Simmer and reduce, stirring occasionally, until the broth has almost evaporated, about 2 minutes.

ADD the wine and simmer until almost evaporated, about 5 minutes.

ADD the crushed tomatoes and the remaining 2½ cups bone broth. Simmer slowly, uncovered, stirring occasionally, for 1 hour.

SEASON to taste. Serve over fresh pasta or roasted spaghetti squash.

THE sauce can be refrigerated for up to 1 week, or frozen for up to 1 year.

BACON-WRAPPED MEAT LOAF

SERVES: 4 | PREP TIME: 15 MINUTES | COOK TIME: 1 HOUR

Practically every country in the world has a version of meat loaf, many of which contain hard-boiled eggs. Here in the US, meat loaf usually consists of meat, spices, eggs, bread crumbs, and a red, ketchup-based sauce on top. We like to pull out all the stops when making our meat loaf, leaving us no other option but to wrap it in bacon. Serve with our Tangy Ketchup ([chapter 11](#)) or Tomato Jam ([chapter 11](#)).

- 2 large eggs
- 1 tablespoon tomato paste
- ¼ cup Beef Bone Broth ([chapter 4](#))
- ¼ cup almond flour
- ½ teaspoon sea salt
- ¼ teaspoon granulated garlic
- 1 pound ground beef
- ½ onion, peeled and grated
- 2 tablespoons minced fresh flat-leaf parsley
- 5 bacon strips

PREHEAT the oven to 375°F.

IN a large bowl, whisk together the eggs, tomato paste, bone broth, almond flour, sea salt, and granulated garlic.

ADD the beef, onion, and parsley and mix thoroughly by hand to distribute all the ingredients.

ON a baking sheet, mold the meat into an 8 x 4 inch loaf. Layer the bacon over the top of the loaf, tucking it underneath to hold the meat loaf together. Transfer the baking sheet to the preheated oven and bake the meat loaf for 1 hour, or until the internal temperature registers 145°F. Remove the meat loaf from the oven and set aside to cool, about 10 minutes.

SLICE and serve with Tangy Ketchup ([chapter 11](#)) or Tomato Jam ([chapter 11](#)) and a side of Parsnip Mash ([chapter 10](#)).

STORE the meat loaf refrigerated, for up to 1 week, or frozen for up to 1 year.



CRISPY DUCK with ORANGE, POTATOES, and BRUSSELS SPROUTS

SERVES: 2 | PREP TIME: 20 MINUTES | COOK TIME: 45 MINUTES

Nothing beats a pan-cooked duck breast—it is the perfect combination of fattiness and crispiness. Orange is a classic pairing with duck, and we wanted to find a way to incorporate both orange and bone broth into a duck dish—this recipe is the result. If duck isn't your thing, chicken can be used instead and it will be just as delicious.

FOR THE DUCK

- 2 tablespoons sea salt
- ½ pound fingerling potatoes
- ½ pound Brussels sprouts
- 2 boneless, skin-on duck breasts
- 1 tablespoon chopped fresh flat-leaf parsley

FOR THE ORANGE PUREE

- 1 tablespoon ghee or olive oil
- 2 carrots, peeled and cut into small dice
- 1 teaspoon sea salt
- 1 cup fresh orange juice
- 1 cup Chicken Bone Broth ([chapter 4](#))
- 1 cup vermouth or dry white wine

PREPARE the duck, potatoes, and Brussels sprouts: Preheat the oven to 350°F.

IN a large pot over high heat, bring 4 cups of water and the sea salt to a boil. Prepare a bowl of ice water and set aside.

ADD the potatoes and Brussels sprouts to the boiling water and blanch until knife-tender, about 5 minutes. Transfer the vegetables to the ice bath to stop the cooking and cool.

USING a knife, score the skin of the duck breasts by gently slicing the skin diagonally. In a cast-iron skillet or oven-safe sauté pan over medium-low heat, place the duck breasts, skin side down. The skin is super fatty, so the key here is to cook slowly to render the fat while crisping the skin; this should take about 20 minutes.

MEANWHILE, remove the potatoes and Brussels sprouts from the water and cut into quarters. Set aside.

NOW, flip the duck breasts over and transfer the pan to the oven for 10 minutes to finish cooking the duck.

MAKE the orange purée: In a separate skillet or sauté pan over medium-high heat, heat ghee or oil and add the carrots and sea salt. Let sweat, stirring occasionally, for 5 minutes. Add the orange juice, bone broth, and vermouth or wine and bring to a simmer. Cook for 10 minutes, then transfer the mixture to a blender and puree until smooth. Set aside.

REMOVE the duck from the oven and set the duck breasts aside. Return the skillet to medium-high heat and add the quartered potatoes and Brussels sprouts and cook in the remaining duck fat until golden brown, about 6 minutes.

TO plate, spread some orange puree on each of the serving plates and top with the Brussels sprouts and potatoes, dividing them equally. Cut the duck breasts into thin slices on the diagonal and arrange each on the plates. Garnish with chopped fresh parsley and serve immediately.

STORE leftovers, refrigerated, for up to 1 week.

Chapter 9

SEAFOOD





TOO MANY PEOPLE KNOW ONLY TWO WAYS TO COOK SEAFOOD: GRILLED AND SERVED WITH A SIDE OF LEMON, OR DEEP-FRIED WITH A SIDE OF KETCHUP. THOSE ARE PERFECTLY TASTY WAYS TO ENJOY SEAFOOD, BUT THERE ARE SO MANY MORE POSSIBILITIES. REAL BROTH, ESPECIALLY SHRIMP OR FISH BROTH, CAN REALLY BRING THE FLAVOR OF SEAFOOD TO LIFE. AND INSTEAD OF ROBBING THE FISH OF ITS DELICATE ESSENCE AS SO MANY PREPARATIONS DO, BROTH ALSO PROVIDES A VARIETY OF GENTLE WAYS TO COOK AN EXTRAORDINARILY SENSITIVE PROTEIN.

Kate grew up in a home where jambalaya was a Saturday football standby, so many of the dishes here reflect her love of bold flavorings. However, we took great care to use only seasonings that allow the taste of each individual fish, lobster, scallop, and shrimp to shine through.

Cooking your seafood with bone broth will pump up its protein value and make what is often thought of as a “light” meal more filling and substantial, without adding unnecessary heaviness like batters or bread crumbs. Broth also adds body and volume to the purees and sauces that provide a delectable setting for so many seafood dishes. We hope you enjoy cooking and eating these meals as much as we did creating them, and that you find inspiration in the many ways you can prepare and serve seafood.



PAN-SEARED SCALLOPS with RED PEPPER PUREE, ORANGE, and QUINOA

SERVES: 2 | PREP TIME: 20 MINUTES | COOK TIME: 55 MINUTES

We love cooking scallops, and we love eating them even more. Nothing beats a perfectly cooked scallop—sweet, tender, and creamy inside, and wrapped in a delectable brown crust. Scallops are as elegant as it gets, yet they're one of the simplest dishes to prepare. The less you fuss with them, the better they will be.

This dish pairs scallops with the light and fresh flavors of orange, sugar snap peas, and avocado. If you don't eat quinoa, you can prepare this dish with our Cauliflower Rice ([chapter 10](#)).

FOR THE QUINOA SALAD

- 1 cup quinoa
- 1 tablespoon olive oil or ghee
- ¼ teaspoon sea salt
- 3 carrots, peeled and cut into small dice
- Finely grated zest of 1 orange
- 2 cups Chicken Bone Broth ([chapter 4](#))
- 1 cup sugar snap peas, sliced lengthwise
- 1 orange, segmented
- 1 avocado, pitted, peeled, and sliced

FOR THE PUREE

- 5 red bell peppers, halved and seeded
- 1 teaspoon sea salt

FOR THE SCALLOPS

- 1 tablespoon ghee or olive oil
- 4 to 6 medium to large sea scallops
- 1 scallion, thinly sliced, for garnish

PREPARE the quinoa: Rinse the quinoa thoroughly in warm water, using a fine-mesh strainer, until the water runs clear.

IN a small saucepan over medium heat, add the oil or ghee, the sea salt, carrots, and orange zest. Cook for 2 minutes to sweat the ingredients and meld the flavors.

STIR in the quinoa and cook for 1 minute more. Add the bone broth and bring to a simmer. Cook for 15 minutes, or until the liquid is completely absorbed and the quinoa is fluffy. Set aside.

MAKE the red pepper puree: If you have a juicer, juice 3 of the bell peppers. If not, blend them with a $\frac{1}{4}$ cup water. Dice the remaining 2 bell peppers and combine with the juiced or blended peppers in a small saucepan over medium-high heat. Bring to a simmer, reduce the heat to medium, and cook until reduced by half, about 15 minutes.

POUR the reduced mixture into a blender with the sea salt and blend until smooth. Strain the mixture through a fine-mesh strainer into a bowl and set aside.

PREPARE the scallops: In a cast-iron skillet or sauté pan, heat the ghee or oil. Pat the scallops dry with paper towels to remove excess moisture. When the oil is shimmering and just about to smoke, gently place the scallops in the skillet. Sear the scallops for 3 minutes, or until they release easily from the bottom of the skillet—don't force them. The less you fuss with them, the better the crust will be. Gently turn the scallops over and repeat the searing on the opposite side for about 3 more minutes. Remove the scallops from the skillet and set aside on a plate to rest.

ASSEMBLE the quinoa salad: In a medium bowl, gently toss the quinoa with the sugar snap peas, orange segments, and sliced avocado.

TO plate, smear a spoonful of the red pepper puree on each serving plate and top with a scoop of the quinoa salad. Place the scallops atop the quinoa, garnish with the scallions, and serve.

STORE any leftovers, refrigerated, for up to 1 week.

DASHI SHRIMP SALAD with BROWN BUTTER SAUCE and EGG YOLK

SERVES: 2 | PREP TIME: 10 MINUTES | COOK TIME: 20 MINUTES

While working in professional kitchens, Ryan would cook with new ingredients and preparations daily, often coming home full of inspiration that would make its way onto our dinner table. One of his favorite dishes of all time was a simple tuna tartar with frisée and radishes, topped with a brown butter dashi sauce and grated hard-boiled egg yolk. His favorite component was the sauce, made by browning butter and then combining it with dashi broth. This recipe pays homage to that memorable and inspirational dish.

- 2 tablespoons butter
- 1 cup Dashi Broth ([chapter 4](#))
- 10 colossal size shrimp, peeled and deveined
- Juice of 1 lemon
- 1 teaspoon plus a dash of sea salt
- 2 handfuls arugula
- 1 hard-boiled egg
- Freshly ground black pepper

IN a small saucepan over medium heat, add the butter and cook for 10 minutes, stirring frequently to prevent burning or blackening. You're looking for the butter to brown slightly to create a nutty color and flavor. Remove from the heat and set aside.

IN a separate saucepan over medium heat, heat the dashi broth. Once the broth begins to simmer, add the shrimp and cook for 1 minute. Turn the shrimp and cook for 1 minute more. Remove the shrimp from the broth and set aside to cool.

BRING the dashi broth back to a simmer over medium-high heat and reduce by half, about 5 minutes. Transfer to a bowl and place in the refrigerator to chill for about 10 minutes.

IN a blender or food processor, add the reduced dashi broth, half of the lemon juice, and 1 teaspoon of the sea salt. Slowly drizzle in the reserved browned butter until completely emulsified. If using a blender, make sure to set it to the lowest speed, otherwise the temperature will be too hot and the dressing will not emulsify.

TO serve, toss the arugula in the brown butter dressing and center on serving plates. Dice up the shrimp and place over the arugula salad. Remove the yolk from the hard-boiled egg and gently grate or crumble it over the salad and then finish with the remaining lemon juice and a dash of sea salt and pepper to taste.



CAST-IRON SALMON with FENNEL and LEMON BUTTER SAUCE

SERVES: 4 | PREP TIME: 5 MINUTES | COOK TIME: 25 MINUTES

A nice fresh piece of good-quality salmon doesn't need much dressing up—a little lemon and butter will do the trick. Sautéed fennel cuts through the richness of the fish and brightens up the whole dish. We like to crisp up the salmon skin, but if that's not your thing, skinless salmon will work just fine.

2 fennel bulbs, trimmed, fronds reserved
7 tablespoons ghee or butter
4 cups Fish Stock ([chapter 4](#)) or Shrimp Stock ([chapter 4](#))
2 tablespoons fresh lemon juice
2 teaspoons sea salt
24 ounces salmon, preferably skin on, cut into 6-ounce pieces
1 tablespoon chopped fennel greens

TRIM the fennel bulbs and chop enough of the fennel fronds to yield 1 tablespoon; reserve for the garnish.

STAND the fennel bulbs upright and cut into ¼-inch-thick slices. Using two skillets or sauté pans, heat 1 tablespoon of ghee or butter over medium heat in each skillet. Once hot, place the fennel slices in the skillets, spacing them evenly, and cook until golden brown, about 5 minutes per side.

ADD 1 cup of the stock to each skillet and cook until the fennel is tender.

INCREASE the heat to medium-high. To each pan, add 2 tablespoons of ghee, 1 cup of stock, 1 tablespoon of the lemon juice, and 1 teaspoon of the sea salt. Let the stock simmer and reduce for about 5 minutes. The stock and butter will emulsify, creating the sauce. Remove both skillets from heat and set aside. Transfer the fennel and sauce from one skillet to the other.

RETURN the empty skillet to medium-high heat and add 1 tablespoon of ghee or olive oil.

LIGHTLY season salmon with sea salt and place in the skillet, skin side down, and cook until golden brown and crispy, about 3 minutes. Then flip the fish and cook for 2 minutes more.

TO serve, arrange a few slices of the fennel on each serving plate. Top with a piece of salmon. Gently spoon some of the lemon butter sauce over the salmon and garnish with the chopped fennel fronds.

STORE leftovers, refrigerated, for up to 1 week.

SALMON with ARTICHOKEs, TOMATOES, and MUSHROOMS

SERVES: 4 | PREP TIME: 10 MINUTES | COOK TIME: 40 MINUTES

To keep things simple in this recipe, we use canned artichokes. Look for a brand that contains the fewest possible number of ingredients, preferably just artichokes and water. We prefer to make this dish during the summer when tomatoes are in season. Nothing beats a fresh, ripe tomato, and the quality of the tomato you use can really make or break this dish. The broth is reduced completely, leaving a chunky sauce that is rich and flavorful and complements the salmon beautifully.

- 4 ounces pancetta, diced
- 1 onion, peeled and chopped
- 1 tomato, chopped
- 2 tablespoons tomato paste
- 1 tablespoons capers
- 2 teaspoons sea salt
- ¼ cup dry sherry
- 1 tablespoon white wine vinegar
- 1 cup Fish Stock ([chapter 4](#)) or Shrimp Stock ([chapter 4](#))
- One 14-ounce can artichokes, drained and rinsed
- 10 cremini or white button mushrooms, chopped
- 2 tablespoons chopped fresh dill
- 2 tablespoons ghee or olive oil
- Four 3-ounce salmon fillets

IN a large saucepan over medium heat, cook the pancetta until crispy, stirring frequently, for about 8 minutes.

ADD the onion, tomato, tomato paste, capers, and 1 teaspoon of the sea salt. Cook, stirring occasionally, for 5 minutes.

INCREASE the heat to medium-high. Add the sherry and white wine vinegar and simmer for about 5 minutes, until almost evaporated. Add the fish stock and simmer for 10 minutes. Add the artichokes, mushrooms, and 1 tablespoon of the dill and continue to cook for 10 minutes more, or until the mixture begins to thicken.

IN a sauté pan over medium high heat, add 1 tablespoon of ghee or oil. Once the ghee or oil is shimmering and just about smoking, lightly season the salmon with the remaining 1 teaspoon sea salt and gently place it into the pan. Cook the fish for 3 minutes per side, then transfer to a paper towel-lined plate.

ONCE the tomato mixture has thickened, remove it from the heat.

SERVE the salmon over a scoop of the tomato mixture, and garnish with a pinch of chopped fresh dill.

STORE leftovers, refrigerated, for up to 1 week.



SHRIMP GUMBO

SERVES: 4 TO 6 | PREP TIME: 10 MINUTES | COOK TIME: 30 MINUTES

Gumbo's history runs deep in Louisiana, dating back to the 1800s. For home cooks across the South, making gumbo is practically an art form with as many different recipes as there are cooks. We are by no means gumbo experts, but Kate grew up below the Mason-Dixon Line, so that should count for something. We hope our version is enough to elicit a nod of approval from a Louisianan.

- 4 tablespoons ghee or butter
- 1 cup peeled and diced onion
- ½ cup diced celery
- ½ cup seeded and diced bell pepper
- 2 garlic cloves, minced
- 1 cup seeded and diced tomatoes
- ¼ teaspoon cayenne pepper
- 1 teaspoon chopped fresh thyme
- 1 tablespoon sea salt
- ⅛ teaspoon freshly ground black pepper
- 1 tablespoon gumbo filé
- 1 bay leaf
- 4 cups Shrimp Stock ([chapter 4](#))
- ¼ cup arrowroot powder
- 1 pound large shrimp, shelled and deveined
- ½ pound andouille sausage, thinly sliced
- Cauliflower Rice ([chapter 10](#)), for serving (optional)
- 3 scallions, chopped

IN a large pot over medium-heat, add 1 tablespoon of the ghee or butter, the onion, celery, bell pepper, and garlic. Cook for 8 minutes, stirring occasionally. Add the tomatoes, cayenne, thyme, sea salt, black pepper, gumbo filé, and bay leaf. Stir and let cook for 5 minutes.

IN a small saucepan over medium heat, add 2 tablespoons ghee or butter and ½ cup of the shrimp stock. Cook for 5 minutes, stirring frequently. Slowly whisk in the arrowroot powder to make a roux and cook, stirring constantly, for 5 minutes as it thickens. Slowly whisk in 1 cup of the shrimp stock and let simmer over medium heat, stirring frequently, and cook for 5 minutes more.

ADD 2 cups of the shrimp stock to the large pot, increase the heat to medium-high, and slowly stir in the roux until fully incorporated. Bring to a boil, then reduce to a simmer. Cook for 5 minutes, or until thickened, then remove from the heat and add the shrimp.

IN a sauté pan over medium-high heat, cook the andouille sausage in the remaining 1 tablespoon ghee or butter until browned, about 5 minutes per side. Deglaze the pan with the remaining ½ cup shrimp stock, then transfer the sausage and drippings to the large pot and stir in. Remove and discard the bay leaf. Serve the gumbo immediately as is, or spoon over Cauliflower Rice. Garnish with the chopped scallions.

STORE leftovers in an airtight container, refrigerated, for up to 1 week.

WHAT THE HECK IS FILÉ POWDER, ANYWAY?

That's exactly what Kate wondered the first time she made gumbo on her own. And if a girl born and bred in the South doesn't grow up knowing the answer, it's probably safe to assume there are many, many other folks out there who don't know, either.

Filé powder, as it turns out, is made from the dried and ground-up leaves of the sassafras tree, an aromatic tree native to North America and eastern Asia. It is commonly used in Louisiana Creole cuisine to season and thicken gumbo, the quintessential Creole stew. It's especially handy when okra is not in season, in gumbos that would otherwise use okra as the thickening agent.

In addition to adding body to stews, filé powder lends them a nice earthy flavor.



CLASSIC PAELLA

SERVES: 6 | PREP TIME: 15 MINUTES | COOK TIME: 1 HOUR

While visiting Spain, Ryan became infatuated with paella. He would eat it once a day as he traveled around the country to get a grip on the regional nuances. Paella is most often prepared over an open flame in a large pan specifically designed for preparing it. We find that using a large cast-iron skillet will most closely mimic the traditional preparation. If you love this dish and prepare it often, you might want to invest in your own special pan. Stovetop paella pans can be purchased online or at your local cooking store.

- 2 tablespoons olive oil
- 1 Spanish chorizo sausage, sliced into ¼-inch coins (see sidebar)
- ½ onion, peeled and cut into small dice
- 2 garlic cloves, crushed
- Leaves from ½ bunch fresh flat-leaf parsley, chopped, plus more for garnish
- 1 teaspoon sea salt, plus more as needed
- ¼ teaspoon freshly ground black pepper, plus more as needed
- 3 ripe roma tomatoes, chopped
- 2 cups short-grain rice
- 3 cups Shrimp Stock ([chapter 4](#)), Fish Stock ([chapter 4](#)), or Chicken Bone Broth ([chapter 4](#)), warmed
- 1 large pinch saffron threads
- ½ dozen clams
- ½ dozen mussels
- ½ pound large shrimp, peeled and deveined
- ¼ cup frozen sweet peas, thawed
- 1 lemon, cut into 8 wedges

HEAT the oil in large cast-iron skillet over medium heat. Add the chorizo and cook until browned on both sides. Transfer the chorizo to a plate.

IN the same skillet, sauté the onion and garlic with the parsley, sea salt, and pepper over medium heat, about 2 minutes. Add the tomatoes and cook down, stirring occasionally, until caramelized, about 10 minutes.

ADD the rice and stir to coat the grains, 2 to 3 minutes. Add the stock or broth and bring to a simmer. Cook for 10 minutes; do not stir during this time to avoid disrupting the rice.

ADD the chorizo and saffron. Tuck in the clams, mussels, and shrimp and cook for 20 minutes, or until the liquid has evaporated completely. Increase the heat to high for the last 5 minutes to crisp up the

bottom layer of rice—this is referred to as *socarrat* and is essential to any good paella. Add the frozen peas and gently fold in, without disrupting the rice that's crisping on the bottom.

REMOVE from the heat, season with additional sea salt and pepper to taste, arrange the lemon wedges on top, and serve family style.

STORE leftovers, refrigerated, for up to 1 week.

CHORIZO

Chorizo is something of a catch-all term for several types of pork sausage, traditionally made with natural casings made from animal intestines.

It is typically a highly seasoned ground pork sausage originating in Mexican and Spanish cuisine. Mexican chorizo is made with fresh pork and ground red chiles, while Spanish chorizo usually uses smoked pork and copious amounts of paprika.

When we cook with chorizo, it's usually made in the Spanish style. But both kinds can be a tasty addition to everything from scrambled eggs and baked potatoes to casseroles and paellas.



SUMMER SEAFOOD STEW with TOMATO BROTH

SERVES: 6 TO 8 | PREP TIME: 20 MINUTES | COOK TIME: 1 HOUR

A centerpiece in Southern cooking, seafood stews are rich in both flavor and heritage. This stew has a sweet tomato broth as a base that is light, bright, and bursting with a variety of fresh seafood. Line a table with some butcher paper, serve up a big pot, family style, and celebrate the bounty of summer.

- 2 tablespoons ghee or olive oil
- 1 onion, peeled and thinly sliced
- 2 celery stalks, thinly sliced
- 6 garlic cloves, minced
- 2 tablespoons tomato paste
- 1/3 cup white wine
- Juice of 1 orange
- 1/4 teaspoon crushed red pepper flakes
- 2 pinches saffron threads
- 2 strips orange peel, about 3 inches long
- 8 cups Shrimp Stock ([chapter 4](#))
- 2 fennel bulbs, trimmed, fronds reserved
- 1 cup diced seeded tomatoes
- 1/4 cup fish sauce
- Sea salt
- 8 ounces salmon, skin removed
- 4 ounces halibut or mahi-mahi
- 4 ounces scallops
- 1 pound jumbo shrimp
- Hot sauce, for serving

HEAT the ghee or oil in a large stockpot over low heat. Add the onion, celery, and garlic and cook until the onion is translucent.

ADD the tomato paste, wine, orange juice, red pepper flakes, saffron, orange peel, and stock. Cook over low heat, uncovered, stirring occasionally, for 30 minutes, or until the liquid has reduced by about one third.

ADD the fennel, tomatoes, and fish sauce. Cook for 15 minutes more, or until the fennel and tomatoes are tender. Season to taste with sea salt.

CUT the fish into 1 1/2-inch chunks. Add all the seafood to the pot and gently stir to distribute. Cook for 5 minutes more.

CHOP the reserved fennel fronds. Serve the stew in bowls, garnished with some chopped fennel fronds, and accompany with your favorite hot sauce.

LEFTOVERS can be refrigerated for up to 1 week, or frozen for up to 1 year.

LOBSTER DUMPLINGS and COCONUT BROTH

SERVES: 4 TO 6 | PREP TIME: 20 MINUTES | COOK TIME: 50 MINUTES

Lobster is a splurge for us, so when we do buy it, we try to create something new and exciting. This dish is both of those things. The dumplings are tender and flavorful and can even be eaten on their own, served as an appetizer or a snack.

Making dumplings isn't as hard as you might imagine—it's actually pretty fun once you get the hang of it. If you don't want to use lobster, you can substitute shrimp or fish. The dumpling mixture can be made ahead of time and refrigerated for up to a few days prior to cooking.

- 2 tablespoons plus 1½ teaspoons sea salt
- 2 sweet potatoes, peeled and chopped
- 2 garlic cloves
- 1 small shallot
- 2 tablespoons chopped fresh flat-leaf parsley
- 2 lobster tails, shells removed and discarded
- ½ teaspoon garam masala
- ½ teaspoon cayenne pepper
- ½ teaspoon garlic powder
- 2 egg whites
- 1 cup almond flour
- 4 cups Fish Stock ([chapter 4](#)), Shrimp Stock ([chapter 4](#)), or Chicken Bone Broth ([chapter 4](#))
- One 13.5-ounce can coconut milk
- 1 teaspoon curry powder

PREHEAT the oven to 350°F.

IN a large saucepan over high heat, bring 4 cups of water and 2 tablespoons of the sea salt to a boil. Once boiling, add the sweet potatoes and cook for 8 minutes. Remove from the heat and drain the potatoes, discarding the water. Set the sweet potatoes aside.

PUT the garlic, shallot, and 1 tablespoon of the parsley in a food processor and pulse until finely minced. Add the lobster meat, ½ teaspoon of the remaining sea salt, the garam masala, cayenne, and garlic powder and pulse for 1 minute. Add the sweet potatoes, egg whites, and almond flour and process the mixture until smooth, about 5 minutes. Transfer the mixture to a bowl and place in the freezer to chill for about 20 minutes; this makes it easier to shape it into dumplings.

ON a parchment paper-lined baking sheet, shape the chilled dumpling mixture into balls about 1 inch in circumference and arrange them on the sheet, spacing them evenly. Transfer the pan to the preheated oven and bake the dumplings for 40 minutes.

MEANWHILE, combine the stock or broth, coconut milk, curry powder, and the remaining 1 teaspoon sea salt in a saucepan over medium-high heat and bring to a simmer. Reduce the heat to medium-low and continue to cook for 10 minutes to meld the flavors.

WHEN the dumplings are finished, place 4 to 5 dumplings in each serving bowl with a ladleful of stock. Garnish with the remaining chopped fresh parsley and serve.

LEFTOVERS can be refrigerated for up to 1 week, or frozen for up to 6 months.

PAN-SEARED TUNA with MUSHROOM RISOTTO

SERVES: 4 | PREP TIME: 2 MINUTES | COOK TIME: 5 MINUTES

Searing tuna takes only a few minutes and, aside from eating it raw, it is our favorite way to prepare it. If you're not a fan of raw fish, you can cook the tuna to your desired doneness or substitute another type of fish here.

2 tablespoons ghee or olive oil
4 tuna loin steaks
1 tablespoon sea salt
Mushroom Risotto ([chapter 10](#))

HEAT the ghee or oil in a cast-iron skillet or sauté pan over medium-high heat. Pat the tuna steaks dry with paper towels and season evenly with the sea salt.

GENTLY place the tuna steaks into the hot ghee or oil in the skillet and sear for about 2 minutes per side. Sear in batches, if needed, to avoid overcrowding the skillet.

SLICE the tuna and serve over a mound of the mushroom risotto.

STORE leftovers, refrigerated, for up to 1 week.

FISH AND HEALTHY FATS

We hear a lot about the importance of consuming plenty of omega-3 fatty acids. Research shows omega-3s are helpful in preventing and treating a litany of health conditions, such as inflammation, heart disease, high blood pressure, autoimmune disease, and diabetes. And because our bodies don't naturally produce omega-3s, it's essential that we get them from our food.

Dozens of nutritional supplement companies now offer an array of omega-3 supplements. But as with most nutrients, it's often best to go straight to the source for these healthy fats. You can get them from pasture-raised meats, walnuts, chia seeds, and flaxseeds, among other foods. But seafood is one of the best natural sources for omega-3s. For that reason, many nutritionists and dietitians recommend eating fish rich in omega-3 fatty acids at least twice a week.

Anchovies have some of the highest omega-3 contents, followed by wild salmon, mackerel, black cod, and whitefish. Albacore tuna, halibut, shrimp, and scallops have moderate levels of these healthy fats. Clams, yellowfin tuna, cod, and lobster register some of the lowest levels of omega-3 fatty acids, although they do still have enough to offer some health benefits.

CRABMEAT SALAD on MUSTARD GREENS with PICKLED PEARS

SERVES: 4 | PREP TIME: 15 MINUTES | COOK TIME: 25 MINUTES

Trying to incorporate broths and stocks into salad can be tricky, so we decided to use them in preparing some of the components. Here, we pickle the pears using a shrimp or fish stock and then reduce that liquid into the dressing for the crab. It's a fun, creative, and flavorful way to get the nutrients of a seafood stock into a dish that would otherwise be lacking.

FOR THE PICKLED PEARS

- 1 cup apple cider vinegar
- ½ cup raw honey
- ½ cup Shrimp Stock ([chapter 4](#)) or Fish Stock ([chapter 4](#))
- ¼ teaspoon five-spice powder
- 1 coin fresh ginger, about the size of a quarter
- 1 firm pear, cored and sliced into ⅛-inch sticks or medium cubes

FOR THE CRABMEAT SALAD

- 1 bunch mustard greens or arugula, well washed
- Pinch of sea salt
- Dash of olive oil
- 24 ounces crabmeat, picked over and broken into chunks
- 2 small radishes, thinly sliced

MAKE the pickled pears: Put the vinegar, honey, stock, five-spice powder, and ginger in a small saucepan and bring to a boil. Put the pear pieces in a heatproof bowl. Once the pickling liquid has come to a boil, pour it over the pears and let sit for at least 15 minutes.

REMOVE the pears from the liquid and reserve. Return the liquid to the saucepan and reduce by two thirds over medium-high heat. Remove from the heat, transfer to a bowl, and place in the refrigerator to cool for about 5 minutes.

ASSEMBLE the salad: Chop the greens into bite-size pieces, toss with a pinch of sea salt and a dash of olive oil, and arrange on serving plates. Mix half of the reduced pickling liquid with the crabmeat. Top each plate with 6 ounces of the crabmeat and a few radish slices and serve.



PAN-FRIED FISH with CAULIFLOWER PUREE and ROASTED CAULIFLOWER and MUSHROOMS

SERVES: 4 | PREP TIME: 10 MINUTES | COOK TIME: 40 MINUTES

Cauliflower is incredibly versatile and can be served with just about anything. This dish highlights two different cauliflower preparations, both of which are great by themselves or as side dishes. Cauliflower's buttery, nutty flavor makes it an especially excellent pairing with a light, flaky white fish. We often find snapper at our local market and love the texture and flavor, but any white fish you enjoy will work here.

FOR THE CAULIFLOWER PUREE

- ½ head cauliflower, cut into florets
- 3 cups Chicken Bone Broth ([chapter 4](#))
- 1 tablespoon curry powder
- 1 teaspoon sea salt

FOR THE ROASTED CAULIFLOWER AND MUSHROOMS

- ½ head cauliflower, cut into florets
- 10 cremini or shiitake mushrooms
- Juice of ½ lemon
- 2 tablespoons olive oil
- 1 teaspoon sea salt

FOR THE DRESSING

- 2 tablespoons sherry vinegar
- 1 tablespoon olive oil
- 1 tablespoon chopped fresh flat-leaf parsley
- 3 garlic cloves, minced
- 1 tablespoon brown mustard
- ½ teaspoon sea salt

FOR THE FISH

- 2 tablespoons ghee or olive oil
- Two 6- to 8-ounce snapper, trout, or any white fish fillets
- 1 teaspoon salt

PREHEAT the oven to 350°F.

TO PREPARE THE CAULIFLOWER PUREE:

IN a large saucepan over medium-high heat, combine the cauliflower, broth, curry powder and bring to a boil. Reduce to a simmer, cover, and cook for 10 minutes. Uncover and cook for 10 minutes more.

TRANSFER the mixture to a blender and blend until smooth, about 5 minutes. Season with the sea salt and set aside.

PREPARE the roasted cauliflower and mushrooms. On a baking sheet, combine the cauliflower with the mushrooms, lemon juice, olive oil, and sea salt and toss gently with your hands to season evenly. Spread out the veggies on the sheet in an even layer and roast until golden brown, about 20 minutes. Remove from the oven and let cool for 5 minutes.

MEANWHILE, make the dressing: Combine all the ingredients for the dressing in a bowl and whisk thoroughly until emulsified. A fork will usually do it. In a large bowl, toss the cauliflower and mushrooms with the dressing and set aside.

PREPARE the fish: In a cast-iron skillet or sauté pan over medium-high heat, heat the ghee or oil. Pat the fillets dry with paper towels and season evenly with the sea salt. Once the ghee or oil is shimmering, gently place the fish in the skillet, skin side down first, if your fish has skin. Pan-fry until golden brown, about 5 minutes per side, then transfer to a plate to rest.

TO serve the dish, spread some of the curried cauliflower puree across each serving plate and top with the roasted vegetables and fish.

STORE leftovers, refrigerated, for up to 1 week.

PAN-ROASTED HALIBUT with BRUSSELS SPROUTS and MUSHROOM SAUCE

SERVES: 4 | PREP TIME: 10 MINUTES | COOK TIME: 25 MINUTES

Halibut are abundant in the Pacific Ocean, especially in Southern California, where we used to live and where Bare Bones was born. This fish is a popular menu choice and is sought out for its delicate, flaky meat and sweet flavor. If you can't find Pacific halibut, though, any white fish can be used.

½ pound Brussels sprouts
5 tablespoons ghee or olive oil
¼ cup Chicken Bone Broth ([chapter 4](#))
2 portobello mushrooms, stems removed, caps thinly sliced
2 cups Shrimp Stock ([chapter 4](#))
Sea salt and freshly ground black pepper
Four 4- to 6-ounce halibut fillets

TRIM the bottoms off the Brussels sprouts and cut the Brussels sprouts in half.

HEAT 1 tablespoon of the ghee in a large sauté pan over medium-high heat. Add the Brussels sprouts to pan and sauté, turning when they start to brown.

ADD the chicken bone broth and lower the heat to medium. Cook until the broth has evaporated and the Brussels sprouts are tender, 8 to 10 minutes.

IN a medium saucepan over medium heat, add 2 tablespoons of the ghee. Add the mushrooms and cook until tender, about 4 minutes. Add the shrimp stock and cook for 5 minutes. Season with sea salt and pepper to taste. Blend the mushroom mixture until smooth, using an immersion or standard blender and reduce heat to very low to keep warm.

IN a large cast-iron skillet or separate sauté pan, melt the remaining 2 tablespoons ghee over medium-high heat. Gently place the halibut in the skillet and cook until golden brown, using a spoon to constantly baste the fish with the ghee as it cooks, about 2 minutes per side.

TO serve, spoon some of the sauce onto a plate and top with Brussels sprouts. Place the fish on top of the Brussels sprouts and serve.

STORE any leftovers, refrigerated, for up to 1 week.

COD with GARLIC-LEMON SAUCE and TOMATO JAM

SERVES: 2 | PREP TIME: 10 MINUTES | COOK TIME: 25 MINUTES

Many comparisons can be drawn between food and life. It's the simple things that make us happiest, right? Similarly, it's often the simplest foods that leave us feeling most satiated. If you enjoy fish, then this dish is perfect for a date night, paired with nice crisp bottle of white wine. If seafood's not your thing, this dish can easily be prepared with chicken—just add 5 minutes to the final baking time. See, it's that simple!

This dish also makes a great salad—just serve the fish atop a mound of baby spinach or arugula and serve with a side of Parsnip Mash ([chapter 10](#)).

- 3 tablespoons ghee or butter
- 2 cod loin fillets
- Sea salt
- 1 large shallot, peeled and minced
- 4 garlic cloves, minced
- ¼ cup white wine
- 3 tablespoons fresh lemon juice
- ¾ cup Fish Stock ([chapter 4](#))
- 1 tablespoon capers
- Finely grated zest of 1 lemon
- 2 tablespoons Tomato Jam ([chapter 11](#))

PREHEAT the oven to 350°F.

IN a cast-iron skillet or sauté pan over medium heat, melt 1 tablespoon of the ghee or butter. Pat the fish dry with paper towels and season with a couple pinches of sea salt. Gently place the fish in the hot ghee or butter and cook for 1 minute per side. Transfer the fish to a separate oven-safe skillet and set aside.

IN the same skillet used to cook the fish, add the remaining 2 tablespoons ghee or butter, the shallot, garlic, and a pinch of sea salt. Sweat the shallot and garlic, stirring, for 5 minutes.

ADD the wine, lemon juice, and fish stock and increase the heat to medium-high. Cook, stirring frequently, for 5 minutes, or until the sauce has reduced and thickened. Add the capers and lemon zest and continue to cook for 2 minutes more.

POUR the sauce into the skillet with the fish, transfer to the oven, and bake for 10 minutes. Remove the fish from the oven. Serve immediately with a spoonful of tomato jam.

STORE any leftovers, refrigerated, for up to 1 week.

ALMOND-CRUSTED HALIBUT with COFFEE BROTH and BACON RELISH

SERVES: 4 | PREP TIME: 10 MINUTES | COOK TIME: 20 MINUTES

We know what you're thinking. *Coffee broth*? Believe it or not, coffee can be a great addition to broth, though we don't suggest pairing it with poultry. But combined with fish or shrimp stock, it's pretty darn delicious. This dish came together surprisingly easily: we love bacon, bone broth, coffee, and thinking outside of the box—and now, we love this dish.

FOR THE FISH

- 1 cup almond flour
- 1/3 cup sliced almonds
- 1/2 teaspoon garlic powder
- 1/2 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper
- 1 large egg, beaten
- Four 6-ounce wild halibut fillets
- 2 tablespoons ghee or olive oil
- 2 cups arugula
- 1/4 cup Bacon Jam ([chapter 11](#))

FOR THE COFFEE BROTH

- 1 cup Fish Stock ([chapter 4](#)) or Shrimp Stock ([chapter 4](#))
- 3 tablespoons finely ground coffee

PREPARE the fish: Preheat the oven to 350°F.

IN a mixing bowl, thoroughly mix the almond flour, sliced almonds, garlic powder, salt, and pepper. In a separate bowl, whisk the egg thoroughly.

DIP 2 pieces of fish in the beaten egg and then gently place in almond mixture and press to coat evenly.

HEAT 1 tablespoon of the ghee or oil in a sauté pan over medium-high heat. Place the coated pieces of fish in the hot ghee or oil and brown for about 2 minutes; gently flip and repeat. Transfer the fish to a baking sheet and repeat the breading and browning process with remaining pieces of fish.

PLACE the baking sheet in the oven to finish cooking the fish, about 10 minutes. Remove from the oven and set aside.

MEANWHILE, make the coffee broth: Combine the stock and coffee in a small saucepan over high heat and bring to a boil. Remove from the heat and strain the broth through a fine-mesh strainer and set aside.

TO plate, spoon some of the broth into wide, shallow serving bowls. Next, add a ½ cup of arugula to each bowl. Top with the fish and bacon relish and serve.

STORE any leftovers, refrigerated, for up to 1 week.

MAPLE-BOURBON–GLAZED SHRIMP with PEACHES

SERVES: 4 | PREP TIME: 10 MINUTES | COOK TIME: 20 MINUTES

Shrimp are the perfect seafood to glaze; they have a tough texture and won't flake or fall apart. The glaze—a combination of bourbon, shrimp stock, honey, and maple syrup—makes these skewers an instant hit. If you're entertaining, this is a great make-ahead meal: you can prepare the glaze a day in advance and marinate the shrimp overnight. When your guests arrive, just slide the shrimp and peaches onto skewers and grill them to perfection.

FOR THE BOURBON GLAZE

- ¼ cup Shrimp Stock ([chapter 4](#)) or Chicken Bone Broth ([chapter 4](#))
- ¼ cup raw honey
- ¼ cup bourbon
- ¼ cup maple syrup
- Pinch of cayenne pepper

FOR THE SHRIMP

- ¼ cup Shrimp Stock ([chapter 4](#)) or Chicken Bone Broth ([chapter 4](#))
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- 1 teaspoon smoked paprika
- 1 teaspoon cayenne pepper
- 1 teaspoon sea salt
- 2 pounds jumbo shrimp, peeled and cleaned
- 4 ripe peaches, cut into quarters
- Skewers, for grilling
- 1 lime, quartered, for serving

FIRST make the glaze: In a small saucepan over medium-high heat, combine the glaze ingredients. Bring to a simmer and cook to reduce by three quarters, 10 to 12 minutes. Set aside.

PREPARE the shrimp skewers: In a bowl, whisk together the shrimp stock, olive oil, garlic powder, paprika, cayenne, and sea salt. Add the shrimp and mix thoroughly to coat, then refrigerate the shrimp until it is time to cook. If preparing in advance, cover and place the shrimp in the refrigerator for up to 24 hours.

PREHEAT a grill to medium heat.

REMOVE the shrimp from the refrigerator. Assemble the skewers by alternating the shrimp and quartered peaches. Brush the assembled skewers with the glaze.

PLACE the skewers on the grill and cook until the shrimp and peaches begin to brown, about 3 minutes per side.

REMOVE the skewers from the grill and serve immediately with the lime wedges.

STORE any leftovers, refrigerated, for up to 1 week.

Chapter 10

SIDES





HOW MANY TIMES HAVE YOU BEEN STRUCK WITH THE SUDDEN INSPIRATION FOR A MAIN DISH, BUT BEEN AT A LOSS FOR WHAT TO SERVE WITH IT? IT HAPPENS TO US ALL THE TIME. THAT'S WHY WE ENCOURAGE YOU TO USE THIS CHAPTER TO FIND THE PERFECT SIDE-DISH MATCH FOR ANY MAIN.

The dishes found here can best be described as eclectic. We have drawn from a range of cuisines and cultural influences to produce a selection of sides that should meet the needs of any occasion, whether you need another platter for your next dinner party or are just craving a quick and easy snack. We offer fresh takes on some classics, such as green bean casserole and French fries, but we also push the envelope by introducing new ways of thinking about serving staples like rice and other grains.

Here, you will learn how to glaze, braise, and sauté your vegetables to maximize both their nutrients and their natural flavors. We believe a well-made side dish can eclipse the mains and stand on its own as star of the dinner table any day, especially when infused with the richness and satisfying protein power of bone broth.

ROASTED GARLIC POTATO MASH

SERVES: 4 TO 6 | PREP TIME: 5 MINUTES | COOK TIME: 55 MINUTES

Get ready to change the way you think about mashed potatoes. Forget the gravy, sour cream, and excess salt—you won't ever need them or any other “fixins” again with a potato mash this rich and flavorful.

5 Yukon gold potatoes, sliced into rounds
1 tablespoon sea salt
6 garlic cloves, thinly sliced
1 tablespoon chopped fresh rosemary
3 tablespoons ghee or butter, melted
 $\frac{3}{4}$ cup Chicken Bone Broth ([chapter 4](#))

PREHEAT the oven to 350°F.

IN an oven-safe casserole or baking dish, layer the potatoes and season with the sea salt. Top with the remaining ingredients and place the dish in the preheated oven. Bake until the potatoes are soft, about 45 minutes.

REMOVE the potatoes from the oven and mash with a fork or potato masher. Alternatively, this dish can be served as is and instead of mashing, place it under the broiler for 10 minutes to crisp.

STORE any leftovers, refrigerated, for up to 1 week.



GLAZED FENNEL with CHERRY-ALMOND RELISH

SERVES: 2 | PREP TIME: 5 MINUTES | COOK TIME: 25 MINUTES

This glazed version of an underrated root vegetable tastes and feels like butter melting in your mouth. The brightness of the cherry almond relish creates a dazzling juxtaposition of flavors that goes well with pork or poultry.

This is also the perfect complement to Pork Walnut Stuffing ([chapter 10](#)) and makes a memorable side dish for Thanksgiving dinner.

FOR THE FENNEL

2 tablespoons ghee or butter
1 medium fennel bulb, trimmed, fronds reserved, bulb sliced
¼ cup Chicken Bone Broth ([chapter 4](#))
1 teaspoon sea salt

FOR THE RELISH

½ cup frozen cherries
¼ teaspoon peeled and minced fresh ginger
3 tablespoons Chicken Bone Broth ([chapter 4](#))
Finely grated zest of 1 lime
Juice of 1 lime
3 tablespoons slivered almonds
¼ teaspoon of sea salt

PREPARE the fennel: Heat the ghee or butter in a cast-iron skillet or sauté pan over medium-high heat.

PLACE the fennel slices in skillet and sauté until golden brown, about 10 minutes, or until evenly browned.

ONCE browned, increase the heat to high and add the bone broth. The butter and broth will emulsify and create a beautifully delicious glaze coating the fennel. Season with the sea salt and flip the fennel as needed to glaze it completely. Remove from the heat and set aside. Chop enough of the reserved fennel fronds to yield 1 teaspoon. Set aside for the garnish.

MAKE the relish: Combine the cherries, ginger, bone broth, lime zest, lime juice, and salt in a small saucepan over medium-high heat. Cook until the liquid has reduced by three quarters, about 10 minutes. Remove from the heat and stir in the almonds.

TO serve, arrange the fennel on serving plates, top with the relish, and garnish with the reserved chopped fennel fronds.

STORE any leftovers, refrigerated, for up to 1 week.

ROASTED BRUSSELS SPROUTS with BACON

SERVES: 4 | PREP TIME: 5 MINUTES | COOK TIME: 30 MINUTES

Fact: Brussels sprouts and bacon go together like peanut butter and jelly. The bone broth in this recipe helps to soften the Brussels sprouts and infuses them with meaty flavor creating the perfect balance of textures.

- 4 strips thick-cut uncured bacon
- 1 pound small Brussels sprouts
- 1 tablespoon ghee or olive oil
- 1 cup bone broth, any flavor ([chapter 4](#))
- Sea salt and freshly ground black pepper

PREHEAT the oven to 350°F.

LAY the bacon out on a baking sheet and cook in the oven for 15 to 20 minutes, to your desired doneness. Remove from the oven and cool; chop into rough pieces and reserve.

MEANWHILE, trim the stem ends of the Brussels sprouts and discard. In a large bowl, toss the Brussels sprouts with the ghee or oil.

IN a large cast-iron skillet over medium-high heat, sear the Brussels sprouts in the ghee until crispy brown on the outside. Add the bone broth and reduce the temperature to medium-low. Cook the Brussels sprouts for 8 to 10 minutes, until the broth has reduced to a glaze consistency and the Brussels sprouts are tender.

ADD the reserved chopped bacon to the skillet and toss everything together. Season to taste with sea salt and black pepper. Serve the sprouts on their own or alongside your favorite main dish!

STORE any leftovers, refrigerated, for up to 1 week.

TWICE-BAKED YAMS with CARAMELIZED LEEKS

SERVES: 4 | PREP TIME: 5 MINUTES | COOK TIME: 1 HOUR AND 10 MINUTES

We love this recipe because it's such an easy, tasty side dish that's filling enough to be its own meal. It takes a little time, but most of that is spent waiting while the potatoes bake. It takes even less time if you happen to have some baked yams already on hand from another meal.

The leeks and bone broth add just the right balance of mouthwatering aromatics and umami to the natural sweetness of the potatoes.

2 yams, slit once on one side
3 tablespoons ghee
Sea salt and freshly ground black pepper
2 leeks, white and pale green parts only, thinly sliced
½ cup bone broth, any flavor ([chapter 4](#))

PREHEAT the oven to 350°F.

BAKE the yams on a baking sheet in the preheated oven for 45 minutes. Remove from the oven and gently cut in half lengthwise. Gently remove the flesh and transfer it to a medium bowl. Reserve the skins.

MIX the flesh with 2 tablespoons of the ghee and season with sea salt and black pepper to taste. Stuff the mixture back into the yam skins.

SET the oven to the high broil setting.

IN large cast-iron skillet over medium heat, add the remaining 1 tablespoon ghee. Add the leeks, spread them out evenly, and cook until lightly browned. Add the bone broth and simmer to reduce until almost dry.

TOP the stuffed yams with the leeks. Arrange the yams on a baking sheet and place under the broiler for 2 to 5 minutes, until they begin to brown. Remove from the oven and serve immediately.

STORE any leftovers, refrigerated, for up to 1 week.

YUCCA ROOT FRIES

SERVES: 4 | PREP TIME: 5 MINUTES | COOK TIME: 20 MINUTES

Sometimes you just want French fries. If you're Kate, that is pretty much all times. But we're painfully aware that potatoes fried in vegetable oil aren't great for us. That's why we came up with this healthy and flavor-packed alternative.

For this dish, we use yucca root, which can be found in most supermarkets if you look hard enough. We fry the yucca in tallow skimmed from our Beef Bone Broth ([chapter 4](#)) during the simmering process.

2 cups beef tallow or lard
1 yucca root, peeled and cut into matchsticks
1 tablespoon sea salt
1 teaspoon ground cumin
1 teaspoon smoked paprika
1 tablespoon chopped fresh flat-leaf parsley

IN a deep cast-iron pot or Dutch oven over medium-high heat, add the beef tallow or lard to heat, about 7 minutes, until the tallow is shimmering.

CUT the ends off the yucca root and then cut the root in half. Stand each half upright and, using a sharp knife, slice off the skin, working your way around the vegetable until the skin has been completely removed. Cut the yucca into steak-fry-size pieces.

ONCE the tallow or lard is shimmering, fry the yucca for about 6 minutes, working in batches, until golden brown. Transfer the fries to a large mixing bowl as they are fried.

ONCE all the yucca is fried, add the sea salt, cumin, and paprika to the bowl and toss until the fries are evenly seasoned. Serve hot garnished with fresh chopped parsley.

STORE any leftovers, refrigerated, for up to 1 week.

We use tallow for three reasons:

1. More research is emerging to show that saturated fats such as those from animals are an important source of fat-soluble vitamins and minerals.

2. It fits with our aim to minimize waste by using as many by-products of our cooking as possible.

3. It tastes phenomenal. Because the fat is where animals carry much of the flavor we know and love, this is one of those cases where eating healthier actually tastes better.

SWEET POTATO GNOCCHI with GARLIC-THYME BUTTER SAUCE

SERVES: 4 | PREP TIME: 5 MINUTES | COOK TIME: 1 HOUR AND 20 MINUTES

Our take on this traditional Italian dish substitutes sweet potatoes and almond flour for white potatoes and white flour. While this makes the dough noticeably less smooth, the finished product is no less pleasing to the palate and has a nice mouthfeel.

These fragrant little gnocchi, served with an equally fragrant butter sauce, pack in more flavor than their size would lead you to believe. Serve them alone or as a side to our Stuffed Pork Tenderloin ([chapter 8](#)).

- 3 sweet potatoes
- 2 cups almond flour, plus more as needed
- 1 cup arrowroot powder
- 1 teaspoon sea salt
- 1 teaspoon baking soda
- 1/8 teaspoon freshly grated nutmeg
- 2 egg whites
- 3 tablespoons ghee or butter
- 1 to 2 cups bone broth, any flavor ([chapter 4](#))
- 3 cloves garlic, minced
- 1 tablespoon chopped fresh thyme

PREHEAT the oven to 425°F. Position a rack in the middle of the oven.

PLACE the sweet potatoes directly on the middle oven rack and bake for 50 to 60 minutes.

IN a large bowl, mix together the almond flour, arrowroot, sea salt, baking soda, and nutmeg.

REMOVE the sweet potatoes from the oven and scoop the flesh into a separate bowl; discard the skins. Mash the sweet potato flesh with a fork or hand mixer. Fold in the dry ingredients from the large bowl and mix thoroughly.

WHISK the egg whites until frothy, and then gently fold them into the potato mixture. Knead the dough, adding more almond flour, 1/2 cup at a time, until no longer sticky. Place the dough in the refrigerator for 30 minutes to 1 hour to chill.

DUST your work area with almond flour. Divide the chilled dough in half and then into thirds, making 6 portions. Roll each portion into a long rope and cut into 1-inch pieces.

BRING a large pot of salted water to a boil. Cook the dough in small batches for 2 to 3 minutes per batch. The pieces will float to the top when done. Gently remove the gnocchi with a slotted spoon and transfer to parchment paper, ensuring the gnocchi are not touching as they cool.

IN a sauté pan over medium-high heat, add 1 tablespoon of the ghee. Sear the gnocchi in small batches in the pan, until golden brown on both sides. Add $\frac{1}{4}$ cup bone broth to each batch and reduce to glaze the gnocchi. Repeat this procedure for each batch, transferring the gnocchi to a paper towel-lined plate as they finish cooking.

ONCE all the gnocchi are cooked, add the remaining 2 tablespoons of the ghee or butter, the garlic, and the thyme to the pan. Cook over medium heat for 5 minutes, stirring frequently. To serve, add several gnocchi to a plate or bowl and spoon over some of the garlic-thyme butter sauce.

STORE any leftovers, refrigerated, for up to 1 week.

MUSHROOM RISOTTO

SERVES: 4 | PREP TIME: 10 MINUTES | COOK TIME: 35 MINUTES

A truly delicious risotto is half about the rice you use and half about the broth you use—making it the perfect dish to taste differences between conventional stock and real bone broth. The gradual process of adding the broth loosens the starch molecules from the outside of the rice grains and melds them with the broth and mushroom juice, creating a rich, creamy liquid. Trust us, this dish is well worth the time it takes to monitor and stir.

- 5 tablespoons ghee or butter
- 2 shallots, peeled and minced
- 1 teaspoon sea salt, plus more as needed
- 1 large shiitake mushroom, stem removed, cap thinly sliced
- 8 cremini mushrooms, sliced
- 2 garlic cloves, minced
- 1 cup Arborio rice
- ½ cup dry white wine
- 3 cups bone broth, any flavor ([chapter 4](#)), warmed
- Chopped fresh flat-leaf parsley, for serving

IN a large saucepan over medium heat, heat the ghee or butter. Add the shallots and sea salt and cook, stirring, until the shallots begin to soften.

ADD the mushrooms and cook, stirring, for 5 minutes more.

ADD the garlic and cook, stirring, until the garlic softens, about 5 minutes.

STIR in the rice and continue to cook for 1 to 2 minutes, stirring constantly.

ADD the wine and continue to cook while the wine reduces. Once most of the wine has cooked off, begin adding the broth, ½ cup at a time, stirring constantly but gently. When the broth has evaporated, add the next ½ cup, and repeat this process until all the broth has been absorbed. Season the risotto to taste with salt. Serve immediately, garnished with the chopped fresh parsley.

STORE any leftovers, refrigerated, for up to 1 week.

COOKING WITH RICE AND QUINOA—IN MODERATION

By now, some of you are probably asking yourselves why a Paleo-friendly cookbook includes recipes that call for quinoa

and rice.

Although we adhere pretty closely to the Paleo lifestyle, we also firmly believe there's room for moderation in some areas.

A serving of rice or quinoa once in a while certainly won't undo all the hard work you've put into eating right.

Yes, quinoa is technically a seed and not a grain, and many seeds are A-OK in a primal lifestyle. But quinoa is also heavy on the carbohydrates and, like grains, contains antinutrients that can be harmful to the lining of your stomach.

But a good thorough rinse can dramatically reduce the antinutrients. And it just might be worth a good rinse for you to enjoy this superfood loaded with iron, fiber, B vitamins, magnesium, and several other nutrients also found in bone broth.

But for people who suffer from gastrointestinal issues, it's still not a bad idea to steer clear of this grainlike seed. If this is you, consider substituting safe starches, such as plantains, yams, or potatoes, in the recipes that call for quinoa.

Unlike quinoa, white rice doesn't have those gut irritants and is thus considered a "safe starch." That means if you're craving a starchy food or need extra calories, this is a relatively nondamaging way to meet that need. We advise eating white rice in moderation, however, as it doesn't have a lot of micronutrients and can overload your system with glucose.

CAULIFLOWER RICE

SERVES: 4 TO 6 | PREP TIME: 10 MINUTES | COOK TIME: 20 MINUTES

Cauliflower is a favorite nutrient-dense substitute for real rice because it's so simple to make and so delicious. That's why you've seen us pairing it with so many other dishes in this book—it's truly the perfect companion to any main dish and makes a great vehicle for condiments and seasonings.

- ½ head cauliflower
- 1 tablespoon coconut oil
- ½ onion, peeled and cut into small dice
- ½ cup bone broth, any flavor ([chapter 4](#))
- Sea salt and freshly ground black pepper
- 4 sprigs flat-leaf parsley, leaves minced

RINSE the cauliflower and break the florets from the core. Put the florets into a food processor fitted with the grating blade attachment, or grate with a hand grater (not too finely).

HEAT the coconut oil in a cast-iron skillet over medium heat. Add the onion and cook until translucent. Add the bone broth and simmer for 5 minutes, or until reduced and almost dry. Add the grated cauliflower and sauté for about 5 minutes. Season with sea salt and pepper to taste, mix in the parsley, and serve.

STORE any leftovers, refrigerated, for up to 1 week.

BEEF TALLOW–ROASTED BEETS

SERVES: 4 | PREP TIME: 5 MINUTES | COOK TIME: 30 MINUTES

This recipe is a great way to use the skimmed beef tallow and marrow from making beef broth. This technique also works really well with other root vegetables such as potatoes and radishes. The fat can be strained and saved for later use as a cooking fat in any recipe calling for oil or ghee. It will have a nice flavor from the herbs and seasonings.

- 6 small beets, greens removed
- 6 garlic cloves
- 2 cups rendered beef tallow or lard
- 3 sprigs fresh thyme
- 1 tablespoon sea salt

PREHEAT the oven to 350°F.

COMBINE all the ingredients in a small oven-safe pot and cook in the oven for 50 minutes, uncovered.

AFTER 50 minutes, remove from the beets from the oven, let cool, and use right away. Alternatively, the beets can be cooled overnight in the fridge for a more developed flavor.

USING paper towels or your hands, remove the skins, slice the beets as desired, and serve.

STORE any leftovers, refrigerated, for up to 1 week. These make for a great addition to eggs, salads, or smoothies. To use leftovers, gently reheat beets on stovetop or microwave to melt any congealed beef tallow.



BRAISED COLLARD GREENS with BACON

SERVES: 2 TO 4 | PREP TIME: 10 MINUTES | COOK TIME: 20 MINUTES

Collard greens, which come from the same plant family as broccoli and cabbage, have long been a staple of Southern cuisine. Kate serves collards with black-eyed peas every New Year's Day, because legend has it that the deep green leaves are supposed to bring you wealth and prosperity in the coming year. She also cooks collards throughout the year whenever she can get her hands on a few beautiful bunches—but she makes them only one way, and it's always a hit with our dinner guests. This is her way.

- 3 bunches fresh collard greens
- 6 strips thick-cut uncured bacon, diced
- 2 tablespoons white vinegar
- ½ cup bone broth ([chapter 4](#)), any flavor
- Sea salt and freshly ground black pepper

CLEAN the collards and peel the leaves away from the tough spines. Cut the leaves into 2-inch-wide strips and set aside.

FRY the diced bacon in a large cast-iron skillet over medium-high heat until cooked through but not crispy. Add the collard greens to the skillet and stir-fry until they turn dark green and begin to wilt, about 5 minutes. Add the white vinegar, stir, and cook for 1 to 2 minutes more.

ADD the bone broth, lower the heat, and simmer for 8 to 10 minutes, until the collards are tender. Season with salt and pepper to taste and serve.

STORE any leftovers, refrigerated, for up to 1 week.

GREEN BEAN CASSEROLE

SERVES: 4 TO 6 | PREP TIME: 10 MINUTES | COOK TIME: 1 HOUR

Green bean casserole was first dreamed up in the mid-1950s by a Campbell's Soup employee named Dorcas Reilly, who wanted to create an easy dish that could be made with Campbell's Cream of Mushroom Soup and a few pantry items most Americans already had on hand: canned beans, French fried onions, soy sauce, and black pepper. And so the newly industrialized food business began a great American tradition.

These days, it seems like everyone has his or her own twist on this classic. In fact, you're likely to come across several different versions of it at any potluck party. The best ones usually shy away from canned ingredients.

We stepped up our green bean casserole game by opting for fresh green beans, fresh mushrooms, and making our own "French fried onions." We also added bacon and, of course, bone broth. This recipe is guaranteed to get your mouth watering long before you take your first bite. Feel free to make it your signature potluck dish.

- 4 bacon strips, diced
- 2 tablespoons plus 1 teaspoon sea salt
- 12 ounces green beans
- 10 mushrooms, finely minced
- 1 onion, peeled and diced
- 2 teaspoons garlic powder
- 1 teaspoon chopped fresh thyme
- ½ teaspoon paprika
- ½ cup dry sherry
- 2 tablespoons arrowroot powder, plus 2 tablespoons warm water
- 2 cups Chicken Bone Broth ([chapter 4](#))
- 10 ounces green peas

FOR THE TOPPING

- 1 tablespoon ghee or butter
- 1 onion, peeled and thinly sliced
- 1 teaspoon sea salt
- ¼ cup almond flour

IN a or cast-iron skillet or sauté pan over medium heat, cook the bacon until crispy, about 15 minutes. Remove the bacon from the skillet and set aside in a bowl.

PREHEAT the oven to 350°F.

IN a large pot over medium-high heat, bring 4 cups of water and 2 tablespoons of the salt to a boil. Add the green beans to the boiling water and blanch for about 5 minutes. Drain and transfer the beans to a casserole dish.

IN the same pan used to cook the bacon, add the mushrooms, onion, garlic powder, thyme, paprika, and the remaining 1 teaspoon sea salt. Cook for 5 minutes, stirring frequently.

ADD the sherry to deglaze the pan, bring to a simmer, and reduce by half, about 5 minutes. Combine arrowroot powder and warm water to create a slurry. Whisk in along with bone broth and bring to a simmer. Cook for 5 minutes, whisking frequently. Transfer the mixture to a blender and puree until smooth, about 2 minutes.

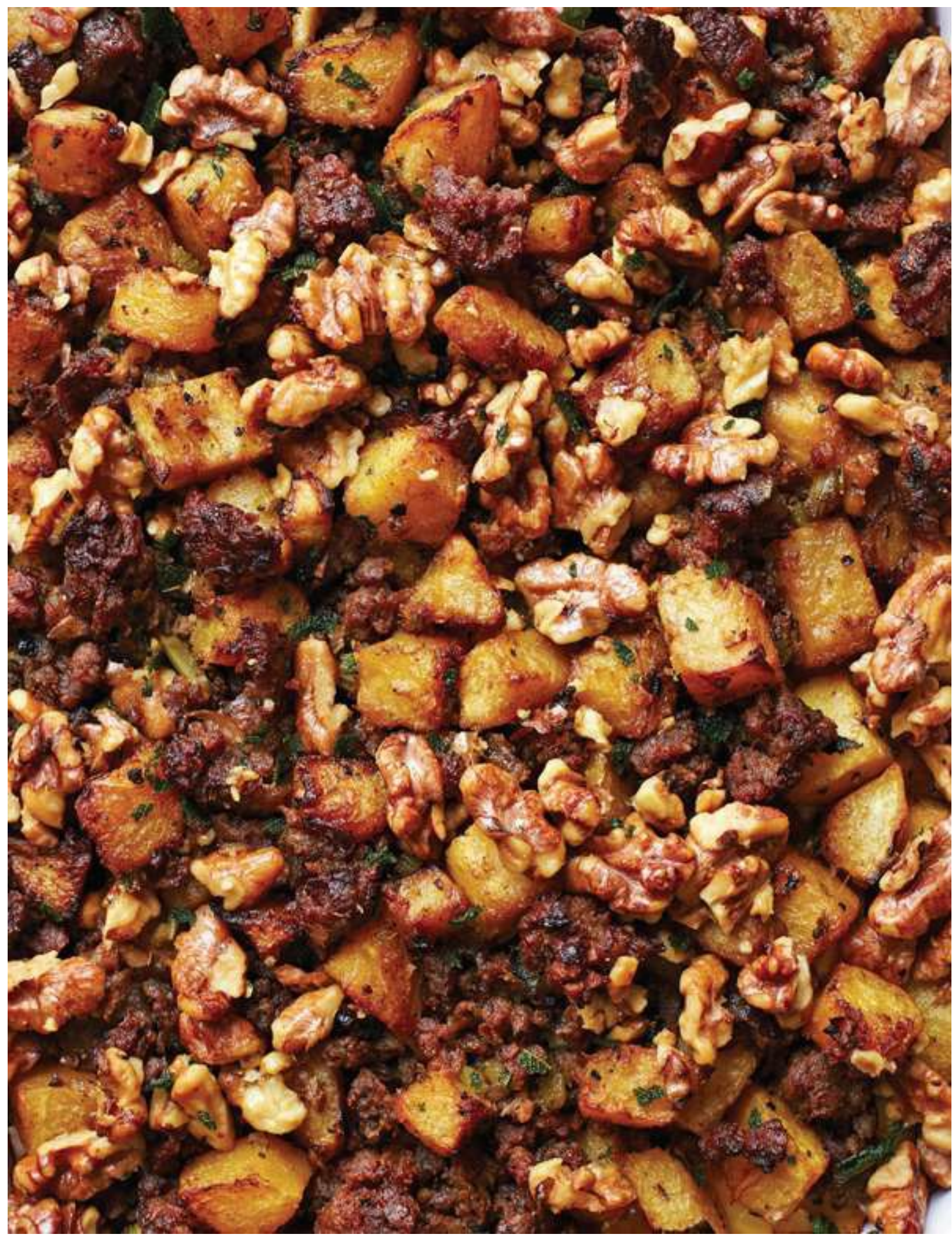
TRANSFER the mixture, along with peas, to the casserole dish with the green beans and mix thoroughly to combine all the ingredients.

PREPARE the topping: Heat the ghee or butter over medium-high heat. Add the onion and cook for 5 minutes, stirring frequently. Stir in the sea salt and almond flour and let cook for 5 minutes.

STIR in the bacon and let cook for 5 minutes more.

SPREAD the topping evenly over the green bean mixture in the casserole dish. Transfer the dish to the oven and bake for 10 minutes. Remove from the oven and serve immediately.

STORE any leftovers, refrigerated, for up to 1 week.



PORK WALNUT STUFFING with SQUASH and SAGE

SERVES: 6 | PREP TIME: 15 MINUTES | COOK TIME: 2 HOURS

When we opted to cut out grains from our diet, one of the hardest things to give up was, strangely enough, stuffing—the kind you eat with Thanksgiving dinner. Most stuffing is made with bread crumbs, and that just wouldn't do. So Ryan put a lot of effort into developing and testing more nutritious alternatives, and eventually came up with this—a delicious and more-than-satisfying substitute. When they taste it for the first time, many people want to know his secret. They're shocked when he tells them it's omitting the bread crumbs.

But there's no denying this dish tastes like the real deal, and it's more filling (so it involves less actual stuffing of the face!). It pairs nicely with any poultry, so there's no need to wait until Thanksgiving to make it. Try it with our Sweet Cherry Sauce ([chapter 11](#)) for an extra decadent side.

- 1 medium butternut squash or pumpkin, halved, seeds removed and reserved
- 2 tablespoons ghee or olive oil
- Sea salt as needed
- A few pinches freshly ground pepper
- 1 cup Turkey Bone Broth ([chapter 4](#)) or Chicken Bone Broth ([chapter 4](#))
- Reserved squash seeds
- 3 carrots, peeled and diced
- 1 onion, peeled and diced
- 3 garlic cloves, minced
- 2 pounds ground pork
- ½ cup almond flour
- 1 cup walnuts, toasted
- 1 teaspoon chopped fresh rosemary
- 1 tablespoon chopped fresh oregano
- 1 tablespoon chopped fresh sage
- 2 eggs, beaten

PREHEAT the oven to 400°F.

RUB the flesh of the squash with 1 tablespoon of the ghee or oil and season with a couple of pinches of sea salt and black pepper. On a baking sheet, place the squash halves, flesh side down, and add the broth to the sheet. Cover with aluminum foil and bake for 40 to 50 minutes, until the squash is knife-tender.

WHILE the pumpkin cooks, clean the seeds. Toss with the remaining 1 tablespoon ghee or oil and a pinch of sea salt and bake for 10 to 12 minutes, until browned. Remove from the oven and process in the food processor until finely ground.

IN a cast-iron skillet or sauté pan, combine the carrots, onion, garlic, and a pinch of sea salt. Sweat the veggies, stirring occasionally, until the onions are translucent. Transfer to a large mixing bowl.

IN the same skillet, add the ground pork and cook until browned, about 10 minutes. Transfer the pork to the mixing bowl.

WHEN the squash is done, remove it from the oven and reserve the cooking broth from squash in a small saucepan; scrape the flesh from the squash skin. Place the saucepan of the reserved cooking broth over medium heat and reduce by three quarters. Transfer the squash flesh to the bowl with the pork and vegetables. Add the almond flour, walnuts, squash seeds, herbs, eggs, and reduced cooking broth and mix thoroughly to combine.

SPREAD the stuffing out on a baking sheet and bake for 25 minutes, or until the pork is fully cooked through. Remove from the oven and serve immediately.

STORE any leftovers, refrigerated, for up to 1 week.

CHOW CHOW

SERVES: 4 | PREP TIME: 24 HOURS | COOK TIME: 10 MINUTES

Chow Chow is a pickled relish that is a staple in the South. While every restaurant and region has its own variation, it is most traditionally made with tomatoes, cabbage, mustard, onions, bell peppers, and vinegar. It can be served hot or cold, and pairs nicely with our Braised Collard Greens ([chapter 10](#)) and slow-cooked meats such as the Chipotle Lamb ([chapter 8](#)) and Tomatillo-Cilantro Pulled Pork ([chapter 8](#)).

A chef whom Ryan once worked for gave him a standard ratio for pickling liquid, and we've been using his formula ever since: 2 to 1½ to 1 of vinegar: sugar: water. It's easy to remember and you can get as creative as you want—we like to use bone broth in place of water.

FOR THE VEGGIES

- 1 small head cabbage, thinly sliced
- 2 medium red onions, peeled and thinly sliced
- 2 fennel bulbs, thinly sliced
- 2 tablespoons sea salt

FOR THE PICKLING LIQUID

- 2 cups apple cider vinegar
- 1 cup raw honey
- 1 cup Chicken Bone Broth ([chapter 4](#))
- 2 tablespoons mustard seeds
- ½ teaspoon ground dried ginger
- 1 teaspoon ground turmeric

PREPARE THE VEGGIES: On a baking sheet, toss the veggies with the sea salt and place in the refrigerator overnight. The next day, thoroughly rinse the veggies in cold water to remove the salt. Place the rinsed veggies in a heatproof bowl or large heatproof glass jar.

MAKE the pickling liquid: In a small saucepan over medium-high heat, combine all the pickling liquid ingredients and bring to a boil. Remove from the heat and immediately pour it over the veggie mixture, making sure the veggies are fully submerged in the liquid. Let sit for 2 hours, then refrigerate.

ONCE cooled, the chow chow can be served immediately, or kept in airtight containers in the refrigerator for up to 2 weeks.

CARROT SOUFFLÉ

SERVES: 6 TO 8 | **PREP TIME:** 15 MINUTES | **COOK TIME:** 60 MINUTES

This moist and fluffy soufflé is the perfect combination of sweet and savory, thanks to the bone broth. Unlike many healthy soufflé recipes, it's also ridiculously easy to make. Serve it at Thanksgiving to impress your friends and family, or with practically any other meal just because it tastes so good. There's no rule that says this puffy French dish has to be served with fancy foods.

- ½ onion, peeled and minced
- 4 tablespoons ghee or coconut oil
- 1 teaspoon sea salt
- 2 pounds carrots, peeled and thinly sliced
- 4 cups Chicken Bone Broth ([chapter 4](#))
- 1 tablespoon coconut flour
- ¼ cup maple syrup
- 3 large eggs, beaten
- 1 teaspoon chopped fresh flat-leaf parsley

PREHEAT the oven to 350°F. Butter a 2-quart soufflé dish.

IN cast-iron skillet over medium heat, sauté the onion in the ghee or oil until translucent. Add the sea salt, carrots, and bone broth. Cook, stirring occasionally, until the carrots are tender.

STRAIN the vegetables; reserve the broth to drink. Transfer the strained vegetables to a food processor or blender, add the coconut flour, maple syrup, and eggs and blend until smooth.

TRANSFER the mixture to the prepared soufflé dish and bake in the oven for 45 to 60 minutes, until the soufflé rises. Remove from the oven and serve immediately, garnished with the chopped fresh parsley.

STORE any leftovers, refrigerated, for up to 1 week.

PARSNIP MASH

SERVES: 4 | PREP TIME: 10 MINUTES | COOK TIME: 10 MINUTES

We'll be honest: Just a few short years ago, neither of us had ever tasted a parsnip, let alone cooked with one. Once we did, though, it was love at first bite. This ivory-colored root vegetable is too often overlooked in favor of its more colorful cousin, the carrot, but it has its own unique flavor profile and a wealth of health benefits that make it worthy of a chance.

Parsnips can be roasted, braised, fried, substituted for potatoes in soups and stews, or shaved into salads. One of our favorite preparations for parsnips is this mash. It brings out the flavor of the vegetable, which is something of a cross between potato and carrot, with a subtle bitterness that balances out its natural sweetness. Serve this broth-rich mash the way you would serve mashed potatoes—but trust us, no gravy is needed.

Sea salt

½ pound parsnips, peeled and cut into small dice

1 medium sweet potato, cut into small dice

1 tablespoon ghee

¼ cup bone broth, any flavor ([chapter 4](#))

1 tablespoon thinly sliced fresh chives

Freshly ground black pepper

IN a medium pot, bring 4 cups of water to a boil with 1 tablespoon of sea salt.

ADD the diced parsnips and sweet potato and boil for about 8 minutes, until knife-tender. Strain the vegetables and return them to the pot.

MIX in the ghee and bone broth and mash, using a potato masher or hand mixer. Mix in the chives and season to taste with salt and pepper. Serve immediately.

STORE any leftovers, refrigerated, for up to 1 week.

Chapter 11

SAUCES & CONDIMENTS





WE FIRMLY BELIEVE THERE ARE TWO KINDS OF PEOPLE IN THIS WORLD: PEOPLE WHO LOVE CONDIMENTS AND PUT THEM ON EVERYTHING WITHIN REACH, AND PEOPLE WHO PREFER A PURER FOOD EXPERIENCE. THE FORMER GROUP VIEWS CRACKERS, CELERY STICKS, CHIPS, AND ALL MANNER OF OTHER FOODS SIMPLY AS VEHICLES FOR DELIVERING CONDIMENTS TO THEIR MOUTHS. KATE FALLS INTO THIS GROUP. THE OTHER GROUP COULDN'T CARE LESS ABOUT DRESSING UP THEIR BURGER, SALAD, OR BREAD BOARD.

This chapter is for both groups of people. It delivers mouthwatering bone broth–infused classics and creative alternatives that any condiment lover can replicate.

And for the condiment agnostic, it shakes the foundations of what they believe a condiment to be. Ryan, for example, detests store-bought condiments, and yet he thoroughly enjoys smothering his burgers with our Tangy Ketchup ([chapter 11](#)).

Infusing condiments with broth makes them more than just an accessory or embellishment; broth connects sauces and spreads to their respective food pairings in ways that high-fructose corn syrup never could, creating matches made in food heaven. This chapter is where you will find innovative ways to include bone broth in your meals. This is where you will discover how to make your meals and snacks both healthy *and* scrumptious. We often consider condiments as something of an afterthought, but once you discover the big, bold flavors bone broth can lend to your condiments, you'll soon find yourself turning into one of those people who look for any possible excuse and vehicle to scoop or spread or top. At least, that's the goal. And since Ryan's been spotted scrounging around in the fridge lately looking for the Whole-Grain Mustard ([chapter 11](#)) and Classic Barbecue Sauce ([chapter 11](#)), we think we have achieved that.

TANGY KETCHUP

YIELD: 3 TO 4 CUPS | **PREP TIME:** 10 MINUTES | **COOK TIME:** 60 MINUTES

Nothing beats a fresh, in-season tomato. And nothing does it justice like a from-scratch ketchup that can be used on practically anything. Ketchup can be canned or frozen so you can experience the freshness of tomato season any time of the year.

Unless you have your own garden, or live in an area where local tomatoes can be harvested year-round, finding good tomatoes can be difficult. When this is the case, we suggest using canned San Marzano tomatoes, as they're easy to find, incredibly flavorful, and simply perfect for this and other tomato-based recipes.

If you've never experienced the deliciousness that is homemade ketchup, get ready—you'll never go back to the plastic squeeze bottle again.

- 1 tablespoon olive oil
- 3 cups peeled and chopped carrots
- 1 yellow onion, peeled and diced
- 1 tablespoon plus 2 teaspoons sea salt
- 1 teaspoon dried marjoram
- ¼ teaspoon ground turmeric
- 1 teaspoon ground coriander
- 1 cup Chicken Bone Broth ([chapter 4](#))
- 2 pounds heirloom, roma, or San Marzano tomatoes
- 1 red jalapeño, seeded and diced
- 2 tablespoons white wine vinegar
- 1 tablespoon apple cider vinegar

IN a large saucepan, heat the olive oil over medium-high heat. Add the carrots, onion, and 1 tablespoon of the sea salt. Cook for 10 minutes, stirring occasionally, until browned.

ADD the marjoram, turmeric, coriander, and 1 teaspoon of the remaining sea salt. Cook, stirring occasionally, for 3 minutes. Add the bone broth and deglaze the pan. Bring to a simmer and let simmer for 5 minutes.

ADD the tomatoes, jalapeño, and remaining 1 teaspoon sea salt, and the white wine and apple cider vinegars and bring to a simmer. Reduce the heat to medium-low and cook for 20 minutes. Remove the mixture from the heat and puree using an immersion or standard blender.

PASS the mixture through a sieve or fine-mesh strainer into a saucepan and return to the heat; discard the solids. Simmer the mixture over medium-low heat for 15 to 20 minutes, until you have a ketchuplike consistency. Remove from the heat and let cool to room temperature.

WE like to portion the ketchup into small glass or plastic containers and keep one in our refrigerator, where it will keep for up to 2 weeks. We freeze the remaining containers for up to 1 year and thaw as needed.



WHOLE-GRAIN MUSTARD

YIELD: 4 OUNCES | **PREP TIME:** 5 MINUTES | **COOK TIME:** 15 MINUTES

Because it's one of the most widely used condiments in the world, there are dozens of ways to make mustard, but this is one of our favorites. This whole-grain mustard will go a long way, with its tangy, spicy one-two punch. Slather it on bratwurst, whisk it into salad vinaigrette, garnish your steak with it, or mix it into a host of other dressings, glazes, and sauces for a little extra zing.

- 1/3 cup yellow mustard seeds
- 1/3 cup white wine vinegar
- 1/3 cup dry sherry
- 1/4 cup bone broth, any flavor ([chapter 4](#))
- 1 tablespoon maple syrup
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon sea salt

COMBINE all the ingredients in a small saucepan and bring to a simmer over medium heat. Reduce the heat to medium-low and cook, stirring frequently, until thick, about 15 minutes. Remove from the heat and transfer the mustard to a bowl. Place the mustard in the refrigerator to cool for about 20 minutes.

TRANSFER the cooled mustard to glass containers and store in the refrigerator for up to 2 weeks, or freeze for up to 1 year and thaw as needed.



CILANTRO CHIMICHURRI

YIELD: 1 CUP | PREP TIME: 5 MINUTES

This is an adaptation of a green sauce our friend Jeanette makes. She has never told us what it's called, but it has become so popular among our group of friends that we discuss it often enough to need to call it *something*. We settled on Cilantro Chimichurri, because that's what it makes us think of.

Whatever you want to call it, you will find yourself inventing ways to use it. It's that delicious.

- 1 bunch fresh cilantro, chopped
- 1 serrano chile
- ¼ cup olive oil
- ¼ cup Chicken Bone Broth ([chapter 4](#))
- ¼ teaspoon sea salt
- Grated zest of 1 lime
- Juice of 1 lime

COMBINE all the ingredients in a food processor and blend until smooth, about 3 minutes.

STORE the chimichurri in the refrigerator in plastic or glass containers for up to 2 weeks, or freeze for up to 1 year and thaw as needed.

TOMATO JAM

YIELD: 1 CUP | **PREP TIME:** 10 MINUTES | **COOK TIME:** 30 MINUTES

Jam isn't just for berries anymore—savory jams have become the hottest condiment offerings in restaurants across the country. This is our broth-based take on a true tomato jam, in all of its fleshy, fruity glory. It is delicious served with our Scotch Eggs ([chapter 6](#)) or Bacon-Wrapped Meat Loaf ([chapter 8](#)).

2 tablespoons plus 1 teaspoon sea salt

1 pound heirloom tomatoes

½ cup Chicken Bone Broth ([chapter 4](#)), Beef Bone Broth ([chapter 4](#)), or Pork Bone Broth ([chapter 4](#))

2 tablespoons raw honey

Squeeze of fresh lemon juice

IN a large saucepan, bring 4 cups of water and 2 tablespoons of the sea salt to a boil for peeling the tomatoes.

REMOVE the stems from the tomatoes and slice an “X” in the bottom of each tomato with your knife. Prepare a bowl of ice water. Place the tomatoes in the saucepan of boiling water for 3 minutes.

USING a slotted spoon, transfer the tomatoes from the boiling water to the ice bath and set aside to cool for about 3 minutes. Discard the water.

USING your hands, remove the skins from the tomatoes and discard. Using a sharp knife, quarter the tomatoes. Return the tomatoes to the saucepan along with the bone broth, honey, lemon juice, and the remaining 1 teaspoon sea salt and bring to a boil over medium-high heat. Reduce the heat to medium heat and simmer for 25 minutes, stirring frequently.

REMOVE the jam from the heat and transfer to a storage container. Place in the refrigerator or freezer to cool. When cooled, serve as desired, or keep refrigerated in an airtight container for up to 2 weeks.

CLASSIC BARBECUE SAUCE

YIELD: 1 CUP | PREP TIME: 5 MINUTES | COOK TIME: 20 MINUTES

We like to think of barbecue sauce as ketchup's slightly more interesting and equally versatile sibling. Our take on the classic condiment uses our Tangy Ketchup as a base, then jazzes it up with more seasonings that make it the perfect companion for your grilled meats, burgers, pork chops, baked beans, and even grilled vegetables. It is the perfect accompaniment to grilled chicken or ribs and makes a great dipping sauce for the Yucca Root Fries on [chapter 10](#).

- 1 tablespoon ghee or olive oil
- 1 small onion, peeled and diced
- 1 garlic clove, chopped
- ¼ cup Chicken Bone Broth ([chapter 4](#))
- 1 cup Tangy Ketchup ([chapter 11](#))
- ¼ cup apple cider vinegar
- ¼ cup raw honey
- 1 tablespoon blackstrap molasses or maple syrup
- ¼ teaspoon freshly ground black pepper
- ¼ teaspoon ground dry mustard
- ½ teaspoon fresh lime juice
- ½ tablespoon Worcestershire sauce
- ½ tablespoon tomato paste

IN a large saucepan over medium heat, heat the ghee or oil. Add the onion and garlic and sweat until translucent, about 5 minutes.

ADD the bone broth and increase the heat to medium-high. Simmer, stirring occasionally, for 5 minutes.

ADD the remaining ingredients and continue to simmer until the sauce begins to thicken, 10 to 15 minutes. Remove from the heat, transfer the mixture to a blender, and blend until smooth, about 5 minutes.

WE like to portion the sauce into small glass or plastic containers and keep one in our refrigerator, where it will keep for up to 2 weeks. We freeze the remaining containers for up to 1 year and thaw as needed.

SPICY BARBECUE SAUCE

YIELD: 2 CUPS | **PREP TIME:** 5 MINUTES | **COOK TIME:** 40 MINUTES

If you pride yourself on your knowledge of regional BBQ traditions, then you'll know that this tangy, slightly spicy sauce is closer to the Memphis style than Texas, Kansas, or Carolina styles. The bone broth gives it viscosity, and prepares your taste buds for the meat it most likely accompanies.

Use it as a marinade, a rub for smoked meats, a condiment for your barbecued meats, as a spread, or as a dipping sauce.

- 1 small onion, peeled and diced
- 3 garlic cloves
- 1 tablespoon ghee or coconut oil
- 1 cup Tangy Ketchup ([chapter 11](#))
- 1 tablespoon ground chipotle chile pepper
- ½ cup Chicken Bone Broth ([chapter 4](#)) or Pork Bone Broth ([chapter 4](#))
- 2 tablespoons Worcestershire sauce
- 2 tablespoons brewed coffee
- 2 tablespoons honey
- 1 tablespoon apple cider vinegar
- Grated zest of 1 lime
- Juice of 1 lime
- ½ teaspoon sea salt

IN a large saucepan over medium heat, sweat the onion and garlic in the ghee or oil for about 4 minutes.

ADD the ketchup and chipotle chile and cook, stirring occasionally, for 5 minutes. Add the remaining ingredients and simmer for 30 minutes.

REMOVE from the heat and transfer the mixture to a blender. Blend until smooth, about 5 minutes, then cool in the refrigerator.

WE like to portion the sauce into small glass or plastic containers and keep one in our refrigerator, where it will keep for up to 2 weeks. We freeze the remaining containers for up to 1 year and thaw as needed.

SPICY SALSA VERDE

YIELD: 1½ TO 2 CUPS | **PREP TIME:** 10 MINUTES | **COOK TIME:** 35 MINUTES

We originally planned to call this recipe simply Hot Sauce. But as soon as we tasted it, we knew this sauce, while definitely hot, also had the tang of a salsa verde.

Mexican salsa verde is traditionally made with tomatillos and is much milder than most hot sauces. Use this spicy version on chicken, pork, tacos, beans and rice, and anything else you might want to kick up a notch.

- ½ tablespoon coconut oil or ghee
- ½ onion, peeled and thinly sliced
- 2 red or yellow chiles, thinly sliced
- 8 jalapeños, seeded and thinly sliced
- 1½ tablespoons minced garlic
- ½ teaspoon sea salt
- 2 cups Chicken Bone Broth ([chapter 4](#))
- 1 cup white vinegar

IN a large saucepan over medium-high heat, heat the coconut oil or ghee. Add the onion. Stirring occasionally, cook for 6 to 8 minutes until the onions are translucent. Add the chiles, jalapeños, garlic, and sea salt and cook for 5 minutes more.

ADD the bone broth and bring to a simmer. Lower the heat to medium and let cook until the liquid has almost evaporated, about 20 minutes.

TRANSFER the mixture to a blender or food processor and blend on low speed. Slowly drizzle in the vinegar and puree until smooth. Transfer the salsa to a jar and refrigerate until cooled.

WE like to portion the salsa into small glass or plastic containers and keep one in our refrigerator, where it will keep for up to 2 weeks. We freeze the remaining containers for up to 1 year and thaw as needed.

SWEET CHERRY SAUCE

YIELD: 1 CUP | PREP TIME: 5 MINUTES | COOK TIME: 15 MINUTES

This cherry sauce could fast become a staple in your kitchen, as it is quick and easy to make and goes well with both sweet and savory dishes. You could have it with yogurt in the morning, then turn around and serve it with duck or pork chops for dinner. It's also the perfect topping for a cheesecake—gluten- and dairy-free, of course, unless you're in the mood for splurging.

- 1 cup frozen black cherries
- 2 teaspoons peeled and grated fresh ginger
- Grated zest of 2 small limes
- Juice of 2 small limes
- 1 cup bone broth, any flavor ([chapter 4](#))

PLACE the first four ingredients in a small saucepan over medium heat. Once the cherries have thawed and the flavors have begun to meld, mash the cherries and cook for 5 minutes over medium heat. Add the bone broth and cook for another 8 to 10 minutes to reduce and thicken the sauce. Use as is, or blend if you prefer a smoother sauce.

STORE in a plastic or glass container, refrigerated, for up to 2 weeks, or freeze for up to 1 year and thaw as needed.

RED WINE SAUCE

YIELD: ½ CUP | **PREP TIME:** 5 MINUTES | **COOK TIME:** 15 MINUTES

This classic red wine sauce is a perfect addition to any grilled red meat and is also delicious with pork chops. To plan ahead, we often double the recipe and portion into an ice cube tray and freeze. We store the cubes frozen, individually, for those busy nights when we throw some meat on the grill for dinner. Simply reheat a frozen cube in a small pan over medium heat and serve.

- 1 tablespoon ghee or olive oil
- ¼ cup minced shallot
- ½ cup red wine
- ½ cup port wine
- ½ cup Beef Bone Broth ([chapter 4](#))
- 1 tablespoon minced fresh rosemary
- Sea salt and freshly ground black pepper

IN a large saucepan over medium-high heat, heat the ghee or oil. Add the shallot and cook, stirring, until softened, about 3 minutes. Add the red wine and port and simmer until reduced by three quarters.

ADD the bone broth and rosemary. Continue simmering until the liquid has reduced by half and the sauce coats the back of a spoon. Remove from the heat and serve immediately.

TO store, portion the sauce into small glass or plastic containers and refrigerate for up to 2 weeks, or freeze for up to 1 year and thaw as needed.

MUSHROOM DEMI-GLACE

YIELD: 1 CUP | **PREP TIME:** 5 MINUTES | **COOK TIME:** 40 MINUTES

Demi-glace is a rich and flavorful sauce that is traditionally made by combining equal parts veal stock and espagnole sauce. Espagnole is one of five mother sauces in classical French cooking made using veal stock, brown roux (flour and butter), and vegetables. We love the flavors of classical French cooking without the heaviness and digestive havoc that comes with it. The gelatin in this and other sauces made from bone broth helps aid in digestion when consumed with other foods, so we avoid using starches like flour that tend to negate this benefit.

Serve this sauce with just about any protein or over our Roasted Garlic Potato Mash ([chapter 10](#)) like a gravy. It also pairs well with the Stuffed Pork Tenderloin ([chapter 8](#)).

- 1 tablespoon ghee or olive oil
- ½ pound mushrooms, minced
- ½ teaspoon sea salt
- 2 cups water
- 1 tablespoon tomato paste
- 1 teaspoon minced fresh thyme
- 2 cups Pork Bone Broth ([chapter 4](#))
- 1 tablespoon arrowroot powder (optional)

IN a large saucepan over medium-high heat, heat the ghee or oil. Add the mushrooms and sea salt and sweat the mushrooms, stirring occasionally, until fragrant, about 5 minutes. Cover with the water and bring to a simmer. Cook until the liquid has reduced by three quarters, about 10 minutes. Strain and reserve the liquid; discard the mushrooms.

IN the same saucepan, add the tomato paste, thyme, and reserved mushroom liquid and bring to a simmer over medium heat. Cook for 5 minutes, then add the bone broth.

IN a small bowl, create a slurry by whisking arrowroot with 1 tablespoon warm mushroom liquid. Whisk slurry into saucepan and continue to simmer until the sauce coats the back of a spoon, 15 to 20 minutes. This will depend on how gelatinous your bone broth is; the more gelatin, the less time it will take to concentrate and develop that silkiness we all look for in a good sauce.

THE sauce can be refrigerated for up to 2 weeks. We like to freeze the sauce into ice cubes and keep frozen until needed for up to 1 year. The cubes can be easily reheated in a small saucepan with a bit of water or broth, and make a great addition to just about any meal consisting of meat and vegetables.

BEEF and GINGER DEMI-GLACE

YIELD: 1 CUP | PREP TIME: 15 MINUTES | COOK TIME: 1 HOUR

This is our version of steak sauce, though it pairs just as well with roasted or grilled chicken and pork. We freeze it in ice cube trays so we always have some on hand. This sauce goes well with just about any cut or preparation of beef you can find. The key factor here will be the gelatin content of your broth. If it's gelled when refrigerated, then you're off to a great start. If not, bring the broth to a simmer and let it reduce a bit to concentrate the gelatin. It's the gelatin that creates the silky smooth consistency found in all great homemade sauces.

- 1 tablespoon ghee or butter
- 1 tablespoon arrowroot powder
- ¼ cup port wine
- ½ teaspoon freshly ground black pepper
- 1 teaspoon chopped fresh thyme
- 1 tablespoon peeled and minced fresh ginger
- 2 cups Beef Bone Broth ([chapter 4](#))
- ¼ teaspoon sea salt

IN a large saucepan over medium heat, melt the ghee or butter and whisk in the arrowroot powder. Cook for 3 minutes, stirring continuously.

ADD the port wine, black pepper, thyme, and ginger and stir thoroughly to incorporate. Increase the heat to medium-high and simmer until the wine has reduced by half, about 6 minutes.

ADD the bone broth, stir, and bring to a simmer. Simmer to reduce for about 20 minutes, until the sauce coats the back of a spoon. Add the sea salt. The simmering time will vary based on the amount of naturally occurring gelatin in your bone broth. This can vary from batch to batch. The more gelatin, the less time it will take to concentrate and the quicker you will achieve the saucelike consistency.

THE sauce can be used right away or refrigerated for up to 2 weeks. We like to store the sauce frozen in cubes and keep until needed, up to 1 year. When needed, simply reheat the cubes in a small saucepan with a bit of water or broth.

SAUSAGE GRAVY

SERVES: 4 | PREP TIME: 15 MINUTES | COOK TIME: 20 MINUTES

It is our humble opinion that every home cook should have a good recipe for sausage gravy in her or his repertoire. For one thing, how else are you supposed to enjoy our Butternut Squash Biscuits and Sausage Gravy ([chapter 6](#)) without the gravy?

Some Southern sticklers will be aghast that we don't use a traditional roux to start our gravy, but the butternut squash makes such a flavorful substitute that you won't miss the traditional flour and oil. Bone broth adds further depth to the otherwise simple flavors of this classic breakfast condiment.

- 2 shallots, minced
- 2 tablespoons ghee or olive oil
- 2 cups butternut squash (cut into small cubes)
- 4 sage leaves, thinly sliced
- 1 bay leaf
- 1½ cups Beef Bone Broth ([chapter 4](#))
- ½ pound breakfast sausage or other pork sausage
- Sea salt and freshly ground black pepper

IN a saucepan over medium heat, sauté the shallots in the ghee or oil until tender. Add the cubed squash and cook until it starts to caramelize, stirring the squash to make sure all sides are golden brown. Add the sage, bay leaf, and bone broth and cook until the squash is tender. Remove the bay leaf and mash the mixture by hand, or blend with a hand mixer.

COOK the sausage in a large cast-iron skillet over medium-high heat, making sure to break up the meat into large chunks as it browns. When it has cooked through, add the gravy, stir, and season to taste with the sea salt and pepper.

SERVE as a side, on top of Butternut Squash Biscuits ([chapter 6](#)), or poured onto your own favorite biscuit.

STORE, refrigerated, for up to 1 week, or freeze for up to 1 year.

GARLIC-TRUFFLE PAN SAUCE

YIELD: 1 CUP | PREP TIME: 5 MINUTES | COOK TIME: 40 MINUTES

Truffle oil, which imparts the flavor and aroma of oh-so-desirable and oh-so-expensive truffles, has become a strong selling point for many restaurant dishes. “Truffled” French fries, anyone?

This fragrant pan sauce, made with garlic and truffle oil, can be used to cook with or serve with virtually anything you want, from meat to, yes, French fries or any other kind of potato you wish. It makes a great addition to Yucca Root Fries ([chapter 10](#)) and, if you love garlic like we do, it really steps up the Roasted Garlic Potato Mash on [chapter 10](#).

½ cup ghee or butter
25 garlic cloves
2 cups Chicken Bone Broth ([chapter 4](#))
1 teaspoon truffle oil
Sea salt

HEAT a cast-iron skillet over medium-low heat. Add the ghee and garlic and simmer for 25 minutes, or until the garlic browns and softens.

INCREASE the heat to medium-high and add the bone broth. When the liquid comes to a boil, reduce the heat to a simmer and cook for 5 minutes. Transfer the mixture to a blender and blend until smooth. Return the mixture to the skillet, add the truffle oil, and simmer over medium-high heat until thickened, about 5 minutes. Season with sea salt.

STORE the sauce in an airtight container, refrigerated, for up to 1 week.

ALMOND SATAY SAUCE

YIELD: 1 CUP | **PREP TIME:** 15 MINUTES | **COOK TIME:** 10 MINUTES

Satay sauce is known by many names but is universally embraced as a condiment across the globe—eaten with grilled meats in China, spring rolls in Vietnam, even French fries in the Netherlands. There are few condiments with a more global appeal, and with little wonder: it’s downright delicious.

Our version uses almond butter as a base instead of roasted peanuts. Add a splash as a condiment to main dishes or serve it as a condiment with grilled meat, spring rolls, or our Veal and Walnut–Stuffed Cabbage Rolls ([chapter 8](#)). Or you can go Dutch for a meal, and try it with French fries!

- ½ cup peeled and diced red onion
- 1 tablespoon minced garlic
- 1 tablespoon peeled and minced fresh ginger
- Pinch of crushed red pepper flakes
- ½ tablespoon ghee or olive oil
- ½ tablespoon sesame oil
- ¼ cup Chicken Bone Broth ([chapter 4](#)), Beef Bone Broth ([chapter 4](#)), or Pork Bone Broth ([chapter 4](#))
- 1 tablespoon red wine vinegar
- 2 tablespoons honey
- 1 tablespoon gluten-free soy sauce
- ¼ cup almond butter
- 2 tablespoons Tangy Ketchup ([chapter 11](#))
- 1 tablespoon dry sherry
- Grated zest of 1 lime
- Juice of 1 lime

IN a large saucepan over medium heat, combine the onion, garlic, ginger, red pepper flakes, ghee or oil, and sesame oil. Cook, stirring occasionally, until the onion is translucent, about 6 minutes.

STIR in the bone broth and let come to a simmer. Once simmering, add all the remaining ingredients and cook for 5 minutes to thicken. Remove from the heat and transfer to a food processor. Puree until the sauce is smooth, about 5 minutes.

STORE the sauce, refrigerated, for up to 1 week, or freeze for up to 1 year.

JALAPEÑO-CILANTRO SAUCE

YIELD: 2 CUPS | PREP TIME: 10 MINUTES | COOK TIME: 30 MINUTES

Jalapeño and cilantro is one of those natural food pairings that makes its way into virtually every type of dish, from soup to nuts.

The jalapeños in this sauce give it a little kick, while the cilantro cools things off in the background. The lime adds just the right amount of tang, and the bone broth ties everything together, while also adding body to the final, reduced product.

This creamy sauce is great with Mexican food, of course, but can also be used to brighten grilled fish, burgers, and scrambled eggs. It makes a delicious salad dressing, too.

- 10 jalapeños
- 5 garlic cloves
- 1 shallot
- 1 tablespoon ghee or olive oil
- 1 teaspoon sea salt
- 2 cups Chicken Bone Broth ([chapter 4](#))
- Juice of 1 lime
- 1 bunch fresh cilantro, chopped

PREHEAT the oven to 350°F.

ON a baking sheet, toss the jalapeños, garlic, and shallot with the ghee or oil and the sea salt. Spread out in an even layer on the sheet and roast in the oven for 20 minutes.

TRANSFER the roasted mixture to a blender along with the bone broth, lime juice, and cilantro and blend until smooth, about 5 minutes.

POUR the mixture into a large saucepan over medium-high heat and bring to a boil. Reduce to a simmer and cook for 10 minutes, or until it begins to thicken.

REMOVE from the heat and transfer to glass jars or containers and place in the refrigerator to cool.

WHEN cooled, serve the sauce, or refrigerate it for up to 2 weeks in an airtight container, or freeze for up to 1 year.

SPICY MANGO CHUTNEY

YIELD: 2 CUPS | **PREP TIME:** 10 MINUTES | **COOK TIME:** 40 MINUTES

Chutney, a loose term for an entire family of condiments usually involving some mixture of fruit, vegetables, or spices, originated in South Asia and is derived from the Sanskrit word meaning “to lick.”

You will almost certainly want to lick anything and everything that touches this particular tropical-inspired chutney. This sultry, spicy yet refreshing condiment is a little bit more time-consuming to make than others, but pays off with a complex, multidimensional flavor that pairs well with chicken, fish, rice, curry dishes, or your favorite gluten-free bread.

- ¾ teaspoon crushed red pepper flakes
- 1½ tablespoons ghee or olive oil
- 1½ red onions, peeled and diced
- 2 pounds mangoes, peeled and diced
- ¼ cup peeled and minced fresh ginger
- 1 small red bell pepper, seeded and diced
- ½ teaspoon sea salt
- ½ cup Beef Bone Broth ([chapter 4](#)) or Pork Bone Broth ([chapter 4](#))
- ½ cup unsweetened pineapple juice
- ¼ cup apple cider vinegar
- ¼ cup raw honey
- ½ tablespoon curry powder
- Freshly ground black pepper
- ¼ cup raisins
- ¼ cup currants

PREHEAT the oven to 350°F.

IN a sauté pan over medium heat, add the red pepper flakes and toast, stirring constantly, for 5 minutes. Remove from the heat.

ADD the ghee or oil along with onions, mangoes, ginger, bell pepper, and sea salt. Sweat, stirring occasionally, to develop the flavors, about 5 minutes, until the onions are translucent.

STIR in the bone broth, pineapple juice, apple cider vinegar, honey, curry powder, and black pepper to taste and bring to a boil over high heat. Reduce the heat to medium-low. Add the raisins and currants and simmer, stirring often, for 30 minutes, or until the liquid has reduced by one third.

THE chutney can be served immediately or refrigerated for up to 2 weeks in an airtight container.



CHICKEN LIVER PÂTÉ

YIELD: ½ POUND | **PREP TIME:** 10 MINUTES | **COOK TIME:** 15 MINUTES

In France, where organ meats have always been regarded as delicacies, you'd be hard-pressed to find a menu without pâté. On this side of the Atlantic, it's taken a while for offal to become a hot-ticket menu item. But chicken liver pâté is on just about every farm-to-table menu you come across these days, and it's simple to make yourself. This recipe can be whipped up quickly and served as a snack or appetizer with your favorite breads, crackers, or veggies. Try pairing it with our Sweet Cherry Sauce ([chapter 11](#)) for a little extra magic.

Unfortunately, there are few pairing substitutes for a perfectly textured piece of toasted bread or brioche. We rarely eat bread, but if we have an opportunity to sample a good pâté, we'll spring for it. If you're strictly gluten-free, try serving with our Yucca Root Fries ([chapter 10](#)), or just cut up some carrot sticks.

FOR THE SPICE MIX

- ½ teaspoon ground cinnamon
- 1 teaspoon ground white pepper
- 1 teaspoon freshly grated nutmeg
- ½ teaspoon ground cloves

- 1 tablespoon ghee or olive oil
- 1 pound chicken livers, rinsed, trimmed, and dried
- 1 teaspoon sea salt
- ½ cup port or any red wine
- 7 sprigs fresh thyme, leaves chopped
- 7 sage leaves, chopped
- ¼ cup Chicken Bone Broth ([chapter 4](#))

FIRST make the spice mix: Combine all the spices in a small bowl and set aside.

IN a sauté pan, heat the ghee or oil over medium-high heat until almost smoking. Pat the chicken livers dry with paper towels and season with the sea salt. Sear in the hot ghee or oil until browned, turning as needed to brown them evenly, about 5 minutes per side. Sear in batches, if needed, to avoid steaming the livers in an overcrowded pan.

ADD the wine to deglaze the pan, stirring to loosen the browned bits on the bottom of the pan. Reduce the wine by half, about 3 minutes.

ADD the thyme, sage, spice mix, and broth, stir, and bring to a simmer. Cook for 5 minutes and then remove the pan from the heat. Transfer the contents to a food processor or blender and process the

mixture until smooth.

PORTION into glass jars or containers and place, uncovered, in your refrigerator to cool for about 1 hour. Serve, or cover and keep refrigerated for up to 1 week.

GARLIC-TOMATO TAPENADE

YIELD: 1 CUP | **PREP TIME:** 15 MINUTES | **COOK TIME:** 30 MINUTES

Tapenade is traditionally made with pureed olives, capers, anchovies, and olive oil.

In our take on this classic from the south of France, we substituted tomatoes and sun-dried tomatoes for the olives and anchovies to mellow out its usually assertive flavor. This also gives the dish broader appeal among people who get squeamish about anchovies and who, like Kate, may not love the taste of olives. The bone broth gives it a rich, smooth umami flavor.

This spread works well as an hors d'oeuvre, spread onto crackers or gluten-free bread. We like to serve it as a dip with carrot sticks, artichoke hearts, and bell peppers, and also use it to top eggs or grilled chicken breasts.

- 4 plum tomatoes, quartered, seeds removed
- 4 garlic cloves
- 1 teaspoon olive oil
- ½ cup bone broth, any flavor ([chapter 4](#))
- ¼ cup oil-packed sun-dried tomatoes, chopped
- 2 tablespoons capers
- 2 teaspoons chopped fresh flat-leaf parsley
- ½ teaspoon sea salt

PREHEAT the oven to 350°F.

ON a baking sheet toss the tomatoes and garlic in the olive oil and roast for 20 minutes.

TRANSFER the tomatoes and garlic to a saucepan over medium-high heat along with the bone broth. Bring to a simmer and cook to reduce until almost dry, about 5 to 7 minutes.

TRANSFER the mixture to a food processor along with the sun-dried tomatoes, capers, and parsley and pulse until chunky. Season with the sea salt, transfer to a bowl, and chill in refrigerator for about 5 minutes.

SERVE or keep refrigerated in an airtight container for up to 1 week.

BACON RELISH

SERVINGS: 4 | PREP TIME: 5 MINUTES | COOK TIME: 15 MINUTES

We have a saying in our house: Everything is better with bacon. And we do mean it—most of the time. We like the uncured kind, by the way, because it doesn't contain potentially harmful sodium nitrate.

And the only thing that could possibly be better than chopped bacon in or on a dish is bacon jam. In this recipe, you will find the flesh and juice of not tomatoes, but raisins. The raisins offer a sweet note to balance the saltiness of the bacon, and in this jam the two combine to make a craveable condiment for many a bacon-worthy occasion.

- 4 strips thick-cut bacon
- 1 onion, peeled and thinly sliced
- ¼ cup Beef Bone Broth ([chapter 4](#))
- 3 garlic cloves, minced
- ¼ cup raisins

IN a sauté pan over medium heat, pan-fry the bacon until crispy, then transfer to paper towels to drain. Remove all but 1 tablespoon of the bacon fat from the pan, then, in the same pan, sauté the onion in the remaining fat over medium heat for 10 minutes, or until caramelized.

ADD the broth to the pan and simmer for another 3 to 4 minutes, until reduced by half. Add the garlic and raisins and cook for 1 minute more.

REMOVE the mixture from the heat and transfer to a food processor. Pulse until everything is well mixed. Add the bacon and pulse again until roughly chopped.

SERVE the jam with Almond-Crusted Halibut ([chapter 9](#)), or spread on a burger, or get creative and use it however you wish.

KEEP refrigerated in an airtight container for up to 1 week.

RED PUYA SALSA

YIELD: 1 CUP | **PREP TIME:** 10 MINUTES | **COOK TIME:** 20 MINUTES

Not to be confused with the chile sauce used in our Stuffed Poblano Peppers ([chapter 8](#)), this salsa is the perfect table salsa, meaning it goes well with a wide range of dishes. Its earthy, spicy flavor complements beef and pork especially well.

The puya is a dried, blood-red chile about four inches long with a curved tip. They are available in some supermarkets and many Mexican markets, but if you have trouble finding them, feel free to substitute another dried chile such as arbol, guajillo, or cayenne.

- 1 puya chile
- ¼ onion, peeled and minced
- ½ jalapeño
- 1 garlic clove
- ⅓ cup bone broth, any flavor ([chapter 4](#))
- ⅔ cup tomato sauce
- 4 sprigs fresh cilantro, chopped
- ½ teaspoon salt

IN a large saucepan, bring 2 cups of water to a boil and add the puya chile. Remove the saucepan from the heat and let the chile soak for 10 minutes.

REMOVE the chile from the water and discard the water. Combine the chile with all the remaining ingredients in a food processor and process until smooth. Return the mixture to the saucepan and simmer over medium heat for 20 minutes.

SERVE the salsa right away or keep the salsa in an airtight container, refrigerated, for up to 2 weeks.

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