

Making Bone Broth From Scratch

What you'll need:

High quality bones, Crockpot Mesh filter or cheese cloth, Funnel, Glass jars &/or tupperware for storage

Step 1: *Find quality bones.* My favorite places to buy bones locally in CNY are The Piggery in Ithaca, Side Hill Farmers in Manlius, Autumn's Harvest Farm in Romulus, Craincrest Farm in West Winfield & Greyrock Farmstand in Cazenovia. You can find them at Wegmans too!

Step 2: *Roast bones.* Preheat oven to 450 degrees & place bones on a sheet pan. Roast for 30 minutes.

Step 3: *Cook broth.* Remove pan of bones from oven & place in crockpot. Cover bones to fill the pot with spring water or filtered water. Set heat on low & cook for 36 hours. *Optional:* Add in desired ingredients such as garlic, onion, mushrooms, herbs, thyme, rosemary etc. Avoid soaking vegetables in your broth. (always be sure to use quality & organic products)

Step 4: *Strain broth* using a mesh filter or cheese cloth. Set up mesh filter & funnel over your storage vessel. Use a ladle to transport the liquid from the crockpot into storage. Store in glass containers & let cool in the fridge. Once it cools all of the fat will rise to the top. You can scrape this off & use it to cook with! **the fat is one of the healthiest things you can cook with **use broth within 4 days, freeze what you won't use right away & save for later! **drink broth or use for cooking & soups. Flavor with butter, s&p!

