Beef Bone Broth

A broth made from bones is of course a bone broth, or bone stock, but the capital B and B in the coveted 'Bone Broth' is all the rage due to the unmistakable jiggle of the gelatinous simmered liquid when it's chilled. That jiggle is collagen that's turned into gelatin. Soaking bones in vinegar or adding apple cider vinegar to your simmer is said to facilitate the extraction of collagen into your broth.

The medicinal and beautifying effects of collagen from clean, simmered grass-fed bones, skin, cartilage, knuckles, and even chicken feet make this slow-cooked broth into "liquid gold."

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Kinloch Farm Beef Bone Broth with Ginger, Star Anise, and Lime

YIELDS ABOUT 4 QUARTS

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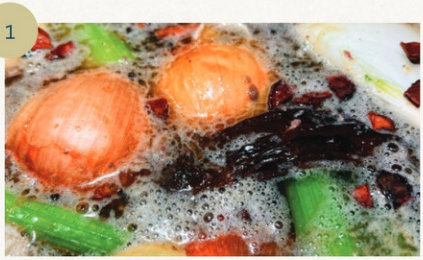

Preheat the oven to 450 F°. Line a lipped sheet pan with parchment and roast bones for one hour, or until deeply caramelized. Prepare the rest of the broth ingredients by washing the vegetables; leaving the skins on the carrots, onions, garlic, and ginger, scrubbing well then roughly chopping. Smash the head of garlic and break off several knobs of ginger, reserving the rest to be minced and added to the broth after straining, and place all items along with the aromatics, kombu, and the roasted bones into a large stock pot. Cover with 7-8 quarts of water and add the apple cider vinegar. Bring to a simmer and cover. Let simmer for 12-24 hours, skimming and discarding the foam that collects several times during simmering.

For Broth:

- 5-6 lbs of beef bones
- 4 stalks celery
- 4 carrots
- 4 yellow onion
- 1 head of garlic, smashed
- 1 large hand ginger, divided
- 1 tablespoon black peppercorns
- 1 cinnamon stick
- 1 dried chili
- 5 whole star anise
- ½ cup loose pack thyme
- 1 piece of dried kombu
- 7-8 quarts water
- ¾ cup apple cider vinegar

Add in after straining:

- 2 tablespoon minced fresh ginger
- 4 cloves minced garlic
- 2 limes, juiced
- 1 tablespoon fish sauce
- 1 tablespoon maple syrup
- 1 tablespoon tamari
- sea salt, optional

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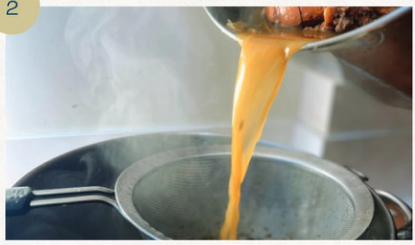

Carefully strain into another pot, and discard the simmered items. Mince the leftover ginger and add to the strained broth along with the minced garlic, lime juice, fish sauce, maple syrup, and tamari. Taste and adjust seasoning to your liking.

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Pour broth into jars and chill. Residual fat will rise to the top of the broth and harden. Remove the fat before heating and enjoying. Fat can be discarded or stored and used for cooking.

Recipe and photos by Chef Ryan Ross