

Stock and Broth Recipes

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Introduction

This compilation of recipes contains a variety of delicious stock and broth recipes for you to make at home. Properly prepared stocks or broths provide minerals and fat-soluble vitamins to nourish the body on a regular basis, as well as during times when you are unable to eat solid foods (i.e. fasting) or when chewing, swallowing, or digesting solid foods is difficult.

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Stocks? Broths? What's the difference?

The words "stock" and "broth" are often used interchangeably in many cookbooks because the differences between the two are minimal.

Stock = a thin highly-nutritious liquid made by first simmering raw ingredients in the form of vegetable scraps and animal or fish bones, and then removing the solids once the taste and nutrients have been retrieved from them. It is used as a base for broths, soups, gravies, or sauces. The texture is typically gelatinous in nature.

Broth = a liquid food made from a base of water or an already flavored stock, in which meat, fish, cereal grains, and/or vegetables are added and remain. It can be eaten alone or used as a base for soups, gravies, or sauces. The texture is typically thin and cloudy.

Properly prepared stocks and broths are extremely nutritious, containing minerals, such as calcium, magnesium, and potassium. Additionally, in a fish stock or broth, iodine and fat soluble vitamins can be obtained from the carcasses and heads of fish. An acidic medium such as vinegar is often used during the cooking process to draw out the minerals from the bone, cartilage, marrow, and vegetables, making the minerals available for easy assimilation by the body.

Stocks and broths can be made in large quantities and stored in the fridge or freezer until needed. Clear stocks and broths will keep for approximately five days in the refrigerator, and for several months if stored in the freezer. It is best to store stocks and broths in pint-sized or quart-sized (approximately 1 liter) containers in order to have appropriate amounts on hand. If space is limited, then one can reduce the stock or broth by boiling it down for several hours until it becomes very concentrated and syrupy. This reduced, concentrated liquid is called fumet, or demi-glace. The fumet can then be stored in small containers or zip-lock bags. Frozen fumet is easily thawed by putting the bags under hot running water, and then adding water to thawed fumet to turn it back into stock or broth.

References:

Nourishing Traditions, Sally Fallon. 1999, NewTrends Publishing, Inc.

<http://en.wikipedia.org/wiki/Broth>

[http://en.wikipedia.org/wiki/Stock_\(food\)](http://en.wikipedia.org/wiki/Stock_(food))

Stock Recipes

Beef Stock

Ingredients:

- about 4 lbs of beef marrow and/or knuckle bones
- 3 lbs of meaty rib or neck bones

**try to get several different types of bones*

Note: variations include: lamb bones (such as lamb neck bones) and riblets, or venison meat and bones

- 4 or more quarts (1 quart = 0.946 liters = 946 ml) of water
- ½ cup of vinegar
- 3 onions, coarsely chopped
- 3 carrots, coarsely chopped
- 3 celery sticks, coarsely chopped
- several sprigs of fresh thyme, tied together
- 1 tsp of dried green peppercorns, crushed (*if you do not have this, you can use freshly ground black pepper*)
- 1 bunch of parsley

Instructions:

- 1) Place the knuckle and marrow bones in a very large pot with vinegar and cover with water. Let stand for one hour. Meanwhile, place the meaty bones in a roasting pan and brown at 350 degrees in the oven. When well-browned, add to the pot along with the vegetables. Pour the fat out of the roasting pan, add cold water to the pan, set over a high temperature, and bring to a boil, stirring with a wooden spoon to loosen up the coagulated juices. Add this liquid to the pot. Add additional water, if necessary, to cover the bones, but the liquid should come no higher than within 1 inch of the rim of the pot, as the volume expands slightly during cooking. Bring to a boil. A large amount of scum will come to the top, and it is important to remove this with a spoon. After you have skimmed, reduce heat and add the thyme and crushed peppercorns.
- 2) Simmer stock for at least 12 hours and as long as 72 hours. Just before finishing, add parsley and simmer for another 10 minutes.
- 3) You will now have a pot of rather repulsive-looking brown liquid containing globs of gelatinous and fatty material. It won't even smell particularly good. But don't despair - after straining you will have a delicious and nourishing clear broth.

4) Remove bones with slotted spoon. Strain the stock into a large bowl. Let cool in the refrigerator and remove the congealed fat that rises to the top. Transfer to smaller containers and to the freezer for long-term storage.

This recipe is borrowed from **Nourishing Traditions by Sally Fallon, 1999. NewTrends Publishing, Inc.*

Chicken Stock

Ingredients:

- 1 whole free-range chicken or 2 to 3 lbs of boney chicken parts (to make different types of stocks, just use turkey or duck parts in place of chicken)

Note: variations include: turkey wings and drumsticks, or duck carcasses

- 4 quarts (1 quart = 0.946 liters = 946 ml) of water
- 2 Tbsp of vinegar (apple cider vinegar works well)
- 1 large onion, coarsely chopped
- 2 carrots, peeled and coarsely chopped
- 3 celery sticks, coarsely chopped
- 1 bunch parsley

There are 3 options:

#1 - You can use a whole chicken that has not been cooked, and cook it, whole, in the water while you are making the broth. Afterwards, you can eat the cooked chicken.

#2 - You can bake the whole chicken as you normally would, and then use all of its bones to make the broth.

#3 - You can buy chicken parts (i.e. neck and backbone) to make the broth.

Instructions:

- 1) For option #1, place the whole chicken in a large stainless steel pot; for option #2, cut or break the chicken pieces and bones into several pieces and place in the pot; and for option #3 place the chicken pieces as-is in the pot.
- 2) Add the water, vinegar, and all vegetables except parsley.
- 3) Let stand for 30 minutes to 1 hour.
- 4) Bring to a boil, and remove scum that rises to the top.
- 5) Reduce heat, cover and simmer for 6 to 24 hours (the longer you cook the stock, the richer and more flavorful it will be).
- 6) About 10 minutes before finishing the stock, add parsley.
- 7) When the stock is finished, remove the whole chicken or pieces with a slotted spoon (for option #1, let the whole chicken cool and remove its meat for consumption).
- 8) Strain the stock into a large bowl and reserve it in your refrigerator until the fat rises to the top and congeals – skim off this fat and reserve the stock in covered containers in your refrigerator or freezer.

This recipe is borrowed from **Nourishing Traditions by Sally Fallon, 1999. NewTrends Publishing, Inc.*

Easy Vegetarian Stock

Ingredients:

- 2 tsp extra-virgin olive oil
- 1 onion, chopped
- 1 carrot, cut in large chunks
- 1 piece of celery, cut in chunks
- 1 scallion or leek, cut in pieces
- skin of 1 yellow onion
- 1, 3-inch piece of kombu (seaweed)
- 1 bay leaf
- 1 tsp dried marjoram
- 1 tsp dried thyme
- 1 quart filtered water
- 1 tsp unrefined sea salt
- 1/8 tsp black pepper

Instructions:

- 1) Heat oil in a large soup pot. Add onion and sauté until soft. Add vegetables, herbs, and water; bring to a boil. Lower heat and simmer 15-20 minutes. Add salt and pepper. Taste and adjust seasoning. Let cool. Strain liquid into an empty quart jar. Stores well in the refrigerator for about 3-4 days.
- 2) For a more nourishing broth, add 1 tsp of light miso paste into a cup of this stock.

Note: makes (1 quart = 0.946 liters = 946 ml)

This recipe is borrowed from **Feeding the Whole Family by Cynthia Lair, 1997. Moonsmile Press, Seattle, Washington.*

Fish Stock

Ingredients:

- 3 or 4 whole carcasses, including heads, of a non-oily fish such as sole, halibut, or snapper
Note: you will have to ask a local fish merchant for the carcasses as these fish parts are not sold in a conventional grocery store. Avoid using oily fish such as salmon because the highly unsaturated fish oils can become rancid during the long cooking process
- 2 Tbsp organic butter
- 2 onions, coarsely chopped
- 1 carrot, coarsely chopped
- several sprigs of fresh thyme
- several sprigs of parsley
- 1 bay leaf
- ½ cup dry white wine
- ¼ cup of vinegar
- About 3 quarts cold filtered water (1 quart = 0.946 liters = 946 ml)

Instructions:

- 1) Melt butter in a large pot. Add the vegetables and cook very gently, about 30 minutes, until they are soft
- 2) Add wine and bring to a boil.
- 3) Add the fish carcasses and cover with cold, filtered water.
- 4) Add vinegar.
- 5) Bring to a boil and skim off the scum and impurities as they rise to the top.
- 6) Tie herbs together and add to the pot.
- 7) Reduce heat, cover and simmer for at least 4 hours or as long as 24 hours.
- 8) Remove carcasses with tongs or a slotted spoon and strain the liquid into pint-sized storage containers for refrigerator or freezer.
- 9) Chill well in the refrigerator and remove any congealed fat before transferring to the freezer for long-term storage.

This recipe is borrowed from **Nourishing Traditions by Sally Fallon, 1999. NewTrends Publishing, Inc.*

Broth Recipes

Bieler Broth

Ingredients:

- 4 medium squash (zucchini, yellow), washed and sliced
- 1 pound of string beans, ends removed
- 2 celery sticks, chopped
- 2 bunches of parsley, stems removed
- fresh herbs, such as thyme or tarragon, tied together with string
- 1 quart (1 quart = 0.946 liters = 946 ml) of water

Instructions:

- 1) Place water, vegetables, and herbs in a pot. Bring to a boil, skim, lower heat and simmer, covered, for about ½ hour.
- 2) Remove herbs.
- 3) Vegetables may be eaten whole with cooking water, or blended into a thick soup with a handheld blender.
- 4) One tablespoon of whey may be added to each cup of soup.

Note: broth is ideal for restoring acid-alkaline and sodium-potassium balance

This recipe is borrowed from **Nourishing Traditions by Sally Fallon, 1999. NewTrends Publishing, Inc.*

Garlic Tonic Broth

Ingredients:

- 6 cups of water
- 2 small heads of garlic, peeled
- 1 large onion, peeled and quartered
- 2 celery stalks, cut into large pieces
- ½ tsp of curry powder
- 1 bay leaf
- pinch of saffron threads
- ½ cup of fresh parsley
- ½ tsp of dry sage
- dry sea vegetables to taste

Instructions:

- 1) Combine all ingredients in a large pot and bring to a boil, then lower heat and simmer for 20 minutes.
- 2) Let cool slightly, remove bay leaf and purée in blender.

Note: makes 6 servings

**This recipe is borrowed from Nourishing Traditions by Sally Fallon, 1999. NewTrends Publishing, Inc.*

Immune Protection Broth

Ingredients:

- 1 ounce of dry reishi mushroom
- 1 ounce of dry shiitake mushroom
- 4 Tbsp of dry chopped sea vegetables (any kind)
- 1 ounce of astragalus bark
- 1 inch piece of fresh ginger root
- 4 Tbsp of organic barley
- 4 Tbsp of organic brown rice
- 2 cups of chopped organic vegetables of choice

Instructions:

- 1) Soak mushrooms, sea vegetables, astragalus, and ginger root in water. When the mushrooms are soft, cut into pieces. Save the soaking water but discard astragalus and ginger.
- 2) Pour 8 cups of water into a large pot and bring to a boil. Add the soaking water and let simmer for 5 minutes.
- 3) Add remaining ingredients to the pot and let simmer for 30 minutes.

Note: makes 6 servings

**This recipe is borrowed from Nourishing Traditions by Sally Fallon, 1999. NewTrends Publishing, Inc.*

Miso, Green Tea, and Mushroom Broth

Ingredients:

- 2 Tbsp of green tea leaves
- 2 inch piece of lemongrass
- 2 Tbsp of dry chopped sea vegetables
- 3 cups of dry shiitake mushrooms
- 1 garlic clove, minced
- ½ small onion
- 1 tsp of extra-virgin olive oil
- 1 tsp of sesame oil
- 3 cups of vegetable stock
- ¼ cup of shredded carrots
- 1 Tbsp of miso paste

Instructions:

- 1) Soak mushrooms in water. When the mushrooms are soft, cut into pieces. Save soaking water.
- 2) Steep green tea leaves, lemongrass, and sea vegetables in 1 cup of water.
- 3) Sauté onion and garlic in olive and sesame oils.
- 4) Add vegetable stock and carrots and bring to a boil.
- 5) Add miso paste, mushroom soaking water, and cayenne pepper to taste
- 6) Cook for 5 minutes. Add tea leaves water. Simmer another 5 minutes prior to serving.

Note: makes 2 servings

This recipe is borrowed from **Nourishing Traditions by Sally Fallon, 1999. NewTrends Publishing, Inc.*

Onion and Miso Broth

Ingredients:

- 1 chopped onion
- ½ tsp of sesame oil
- 1 celery stalk
- 6 cups vegetable stock
- 4 Tbsp of miso paste
- 2 green onions

Instructions:

- 1) Sauté onion in oil for 5 minutes, then add celery stalk with leaves and sauté for another 2 minutes.
- 2) Add vegetable stock, cover and let simmer for 10 minutes.
- 3) Add 4 Tbsp of miso paste and green onions with tops, remove from heat and mix in a blender to serve.

Note: makes 6 servings

This recipe is borrowed from **Nourishing Traditions by Sally Fallon, 1999. NewTrends Publishing, Inc.*

Potassium Broth

Ingredients:

- 4 organic potatoes, well-scrubbed
- 3 organic carrots, peeled and chopped
- 4 celery sticks, chopped
- 1 bunch of parsley
- 4 quarts (1 quart = 0.946 liters = 946 ml) of water

Instructions:

- 1) Peel potatoes. Place peelings, carrots, and celery in a pot with water. Bring to a boil, lower heat and simmer, covered, for about ½ hour.
- 2) Add parsley and simmer for another 5 minutes.
- 3) Allow to cool and strain into a 2-quart glass container.
- 4) Store in refrigerator and reheat in small quantities as needed.
- 5) Add 1 Tbsp of whey protein powder to each cup of warm broth to increase absorption of potassium and other minerals.

This recipe is borrowed from **Nourishing Traditions by Sally Fallon, 1999. NewTrends Publishing, Inc.*

Purifying Clear Broth

Ingredients:

- 2 Tbsp of extra virgin olive oil
- ¼ cup of chopped celery
- ¼ cup of daikon radish
- ¼ cup of chopped leeks
- ½ cup of chopped broccoli
- 6 cups of vegetable stock
- 2 Tbsp of freshly chopped lemon peel
- 2 tsp of Bragg's Soy liquid aminos sauce
- ¼ cup of chopped parsley
- ¼ cup of grated carrots

Instructions:

- 1) Sauté all vegetables except carrots and parsley in olive oil in a large pot.
- 2) Add remaining ingredients to the pot.
- 3) Heat for 1 minute, then serve.

Note: makes 6 servings, rich in potassium and minerals

This recipe is borrowed from **Nourishing Traditions by Sally Fallon, 1999. NewTrends Publishing, Inc.*

Revitalizing Tonic Broth

Ingredients:

- 1½ cups of water
- 1 cup of chopped onion
- 2 celery stalks, chopped
- 1 bunch of parsley, chopped
- 2 Tbsp of dried or fresh basil, chopped
- 1 tsp of rosemary leaves
- ½ tsp of fennel seeds
- 2 tsp of Bragg's Soy liquid aminos sauce
- 48 ounce bottle of Knudsen's Spicy Veggie Juice

Instructions:

- 1) Mix all ingredients in a blender.
- 2) Pour blended ingredients into a large pot with spicy veggie juice and bring to a boil. Let simmer for 30 minutes.

Note: makes 8 servings

This recipe is borrowed from **Nourishing Traditions by Sally Fallon, 1999. NewTrends Publishing, Inc.*