



## CARNIVORE BONE BROTH RECIPE



• 0:30 Active Prep • 2:00 to 48:00 Cook • Easy • Carnivore • Dairy-free

### Ingredients:

- 2 kg or 4.4 pounds of any kind of bones you want to use (beef, lamb, pork, chicken)
- Water enough to cover the bones. The general bone-to-water ratio is 1:2 (two kg of bones, 4 liter of water)
- Optional: 2 tsp of salt and 2 tbs of vinegar

### Equipment:

- A large stock pot, an instant pot or a pressure cooker • A fine-mesh sieve or cheesecloth

### Directions:

1. Preheat oven to 450 degrees F (230° degrees C). Place the bones in a deep roasting dish, sprinkle a bit of salt if desired and roast them for 30 to 40 minutes. Turn over halfway through so the bones are roasted evenly. Caramelized brown bones are what you are after. You can skip this step if you are using the leftover bones from your meals.
2. Transfer the roasted bones and any juices to a large pot. Add water plus optional vinegar if desired. Bring to a boil then reduce the heat to let it simmer on the lowest setting.
3. Skim the foam that rises to the top every 15 minutes or so during the first two hours of cooking. This will give you a clear bone broth rather than a cloudy one. Let it simmer for the rest of the cooking time, from 8 to 48 hours. An instant pot or a pressure cooker can do the job in 2 hours.
4. Once finished, let it cool slightly then strain the broth using a fine-mesh sieve. Alternatively, you can wrap the bones in cheesecloth before simmering and just lift the whole bundle of bones out when it's done.
5. Skim off the fat, salt to taste and store in glass jars. They can last for about a week in the fridge and up to six months in the freezer.
6. If you prefer a very low-fat version, leave it in the fridge overnight and remove the solid layer of fat on top (you can save the fat for cooking later). However, by now the broth would have become a very thick gel. Reheat slightly to make it easier for storing in glass jars.

### Usage:

Have a cup a day before meal.

Fresh in fridge up to five day. Frozen can last up to six months.

For more [tips, troubleshooting and health benefits of bone broth](#), please read [this post](#).

