

### Fish Stock

#### Ingredients

3 or 4 whole carcasses, including heads, of non-oily fish such as sole, turbot, rockfish or snapper  
2 tablespoons butter  
2 onions, coarsely chopped  
1 carrot, coarsely chopped

several sprigs fresh thyme (optional)  
several sprigs parsley  
1 bay leaf  
½ cup dry white wine or vermouth (optional)  
¼ cup vinegar  
about 3 qts cold filtered water

#### Instructions

Ideally, fish stock is made from the bones of sole or turbot. In Europe, you can buy these fish on the bone. The fish monger skins and filets the fish for you, giving you the filets for your evening meal and the bones for making the stock and final sauce. Unfortunately, in America sole arrives at the fish market preboned. But snapper, rock fish and other non-oily fish work equally well; and a good fish merchant will save the carcasses for you if you ask him. As he normally throws these carcasses away, he shouldn't charge you for them. Be sure to take the heads as well as the body—these are especially rich in iodine and fat-soluble vitamins. Classic cooking texts advise against using oily fish such as salmon for making broth, probably because highly unsaturated fish oils become rancid during the long cooking process.

See "Nourishing Traditions," by Sally Fallon for more information.

### Beef Stock

#### Ingredients

about 4 pounds beef marrow and knuckle bones  
1 calves foot, cut into pieces (optional)  
3 pounds meaty rib or neck bones (optional)  
4 or more quarts cold filtered water  
½ cup vinegar  
3 onions, coarsely chopped

3 carrots, coarsely chopped  
3 celery stalks, coarsely chopped  
several sprigs of fresh thyme, tied together (optional)  
1 teaspoon dried green peppercorns, crushed (optional)  
1 bunch parsley

#### Instructions

Place the knuckle and marrow bones and optional calves foot 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, and cook on low for 48 hours. Be sure to check the water level occasionally. When done strain off the bones & veggies. Let cool. You can then make soup with the broth, or drink often. It freezes well too..

### Chicken Stock

#### Ingredients

1 whole free-range chicken or 2 to 3 pounds of bony chicken parts, such as necks, backs, breastbones and wings\*  
gizzards from one chicken (optional)  
2-4 chicken feet (optional)

4 qts cold filtered water

2 tablespoons vinegar--any kind works

Onions, carrots, celery, or any greens, carrot tops, etc.

**\*Note:** Farm-raised, free-range chickens give the best results. Many battery-raised chickens will not produce stock that gels.

#### Instructions

My easy way to get the bones to make chicken broth is to get the chicken and roast it, and eat the meat, then make the broth as follows.

To make a whole meal, get one chicken to roast. Cover with butter or coconut oil, salt & pepper. Put onions & garlic and other root vegetables like carrots, potatoes or sweet potatoes cut up in roasting pan. I use a 9X13 glass sheet cake pan. Bake at 350 for 1-2 hours, depending on the size. The meat will fall off the bone easily when it's done.

About an hour or 45 min. before it is done, cut up any veggies you like and toss with butter or oil and salt & pepper. I love Brussel sprouts or broccoli or a mix of many veggies. Use whatever you like. Bake them in another baking dish while chicken is still cooking.

Then you have a complete meal!

If you are super busy, put a chicken (even a frozen one) in the crockpot with the root veggies. And you have dinner in a snap.

When you are finished eating, take off any good meat (you can put back in to the broth for a soup, or make chicken salad, etc.) And place the carcass in a crockpot or soup pot. Cover with water.

Add 1-2 tablespoons of vinegar. This is very important! This leeches out the minerals in the bones for great nutrition for you. Then add any veggies you like—onions, carrots, etc. I also use carrot tops, wilted greens, or anything that I don't want to eat. Cook 24-48 hours in a crockpot, or: place chicken or chicken pieces in a large stainless steel pot with water, vinegar and vegetables. Let stand 30 minutes to 1 hour. Bring to a boil, and remove scum that rises to the top. Reduce heat, cover and simmer for 6 to 8 hours. The longer you cook the stock, the richer and more flavorful it will be. About 10 minutes before finishing the stock, add parsley. This will impart additional mineral ions to the broth.

Remove whole chicken or pieces with a slotted spoon. If you are using a whole chicken, let cool and strain the stock into a large bowl and reserve 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.

Drink 1 cup daily, or use as a broth to make soup.

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