

Homemade Bison Broth

By Heather Ostern

Directions:

1. Place bones in a stock pot. Cover with water and bring to a boil for about 10 minutes, until water is a bit darker and frothy. Turn off burner and dump out water through a colander. You just want to get the bones clean...getting rid of blood...etc.
2. Roast the bones. You can roast them in the oven, turning them occasionally until they are a dark brown, about 45 minutes.
3. You may throw in some left over vegetables from the kitchen and roast them too...excess onion or carrot or anything like that. After you are done with the roasting, deglaze the pan with 2 cups of water and add to the stockpot.
4. Throw the bones in the stockpot and fill with water. Bring water to a simmer. Cover with lid and simmer for about 5 to 6 hours. Let the pot cool, remove the vegetables and bones from the pot and place the stock in the fridge overnight. By morning, the first batch will have the consistency of gelatin.
5. The next morning, remove the solid layer of stock fat from the top of the bowl. Put it in a baggie and freeze it for later use as lard to cook bison burgers at a later date. What remains in the stock pot is very concentrated stock. This will usually amount to about 6 or 8 cups. Refrigerate and use in soups, stews or roasts within 3 days OR freeze for later use (which is what I usually do, placing 2 cup portions in labeled freezer bags).

Note:

When reconstituting, use 1 part stock to 1 part water...so 1 cup of bison broth will give you 2 cups of stock once you've added the water. Also, keep in mind this broth will not be as salty as canned broth so always taste your final recipe before

serving it to see if needs a little more salt. Although, when I made French onion Soup, I didn't need to add salt because the flavor was rich enough.

You can make about 2 or 3 more batches with the same bones after you've made your 1st batch. I simply use the crock pot after the initial batch because it's easier. However, after you've made two batches, you need to add about 2 teaspoons of apple cider vinegar in with the bones each time you make another batch in order to demineralize the bones and to get all of the good stuff out of them.

I have to warn you, this process is not for the feeble of heart. However, the broth you make for your family will provide more nutritional value than any kind of broth you get from a can in the grocery store. Soups also take on a real rich flavor with homemade broth...so in the end...I think it's really worth the effort!

Once the broth has cooled you can easily label it batch #1 or 2, write down a date and a title on a freezer bag and store it in the freezer. Just make sure it has cooled down before you try to store it!

Simplified Directions:

If you're like me, then ***you don't always have time to roast bison bones*** before you make broth. Never fear! You can always skip this step by quickly washing off the bones, covering them with water in a large pot and simmering them for 5 to 6 hours. Just ***make sure to chop up some carrots, onion and celery to include in the broth*** before you bring the water to an initial boil. The vegetables mellow the smell of cooking bones and also provide a nice flavor to the overall broth.

At the end of the simmering time, skim any debris off of the top of the broth. Let the bison broth cool down till you can handle it safely. Then, run your broth through a fine mesh strainer, straining out the cooked vegetables and checking for any smaller, dislodged bones. Taste the broth and season it with a little salt as needed. You may also add the cooked vegetables to a blender in order to make a rich veggie broth that you can add back into the bison broth at the end if you desire. It's all up to you! Have fun!