



HOW TO MAKE BONE BROTH IN THE OVEN / OVEN BONE BROTH RECIPE (with fail-proof gel)

Recipe makes about 8 cups of concentrated bone broth. Dilute broth with water as desired to drink or use in recipes. If you're wondering about the food safety of cooking this chicken bone broth at 150f, read the info in my blog post (it is safe).

INGREDIENTS

7 lbs chicken bones, assorted parts such as carcass, back, neck, leg, etc. – see recipe note 2

8 C water, more or less to just barely cover the bones in the pot

Assortment of vegetables and vegetable scraps – I used:

2-3 celery stalks, halved

1 carrot, halved

2 onions, halved

2-3 garlic cloves

1 tbsp apple cider vinegar – optional, see recipe note 6

METHOD

Place bones in a large stock pot. Note: I use a 7¼ quart dutch oven which holds 6.7 litres; I suggest going a bit larger as mine is very full. Fill with water and allow to soak for 10-15 minutes to release blood. Pour that water out and discard. Fill pot with water again, just barely enough to cover the bones. Set on top of stove and bring to a rolling boil. Blanch bones at a steady boil for 10-15 minutes, skimming and discarding the grey scum as it emerges. This usually happens during the first 10 minutes of boiling. Try not to skim off the oil – that's good for flavour and for storing the broth. The oil can always be skimmed off later.



Make sure oven rack is adjusted to fit your pot with the lid on. Preheat oven to 150F (Fahrenheit). If you're wondering about the food safety of cooking chicken bone broth at 150f, read the explanation and information in my blog post. It is safe.

After scum has cleared, make some room and place celery stalks, carrot, onions and garlic cloves into the pot. Add apple cider vinegar. Cover and bring back to a boil. Turn heat off and place the covered pot into the oven. Cook for anywhere between 12-24 hours.

Place pot on stove and bring to a boil. Reduce to a strong simmer and let it simmer for 10 minutes. Remove from heat and allow it to cool a little bit to make it easier to handle when straining in the next step.

Strain your bone broth over a fine-mesh sieve. If you don't have one with a very fine mesh, place a double or triple layer of cheesecloth over your colander to catch the fine bone bits. Let the solids sit for a minute to let the liquid drain through, then push gently on the solids to release as much liquid as possible. Discard solids. Don't be alarmed by the small yield as it is very concentrated. I also like keeping it concentrated as it takes up less storage room. You can dilute with water to drink or use in recipes as desired.

Transfer strained bone broth in batches into glass storage jars. If you plan to freeze the jars of broth, make sure to leave sufficient headroom for expansion during freezing or else the jars will crack and you will cry devastating tears (see note 8).

Bone broth freezes well for 2-3 months. To use, defrost overnight in the fridge or defrost in the microwave.



OVEN BONE BROTH RECIPE NOTES:

1. ERR ON THE SIDE OF ADDING LESS WATER TO START: If you're keen on getting gelatinous bone broth, err on the side of adding less water. Fill it up to an inch below the bones. In particular, I do this when I don't have super collagen-rich bone pieces (see #2 below). Highly concentrated broth takes up less room to store or freeze. You can easily dilute with water later for drinking or for use in recipes.

2. WHAT TYPE OF BONES SHOULD I USE? When purchasing bones from the butcher, don't shy away from the collagen-rich parts like chicken feet, wings and necks for chicken broth or marrow bones, knuckles and ox tail for beef broth. That said, if I'm using bones saved from a meal (see #3 below), it tends to be thigh or leg bones for us, which are great as well and also produces gelatin especially in combination with other parts. The bone broth pictured in this blog post was made using mostly raw chicken carcasses and backs plus a few cooked leg bones I had saved in the freezer.

3. SAVE BONES FROM HOMECOOKED MEALS: Do not ever throw them away. Once the meat is pulled off and enjoyed, I toss the bones into a zip-top freezer bag and freeze until I have enough or am ready to make a batch of broth. Rinse off the bones if there is a lot of sauce on them, depending on how they were cooked. Usually I mix these saved bones with fresh bones purchased at the butcher. Sometimes, my entire broth is made from saved cooked bones if that's all I have.

4. SOAK AND BLANCH RAW BONES: If you are using fresh (raw) bones, I highly recommend these two preliminary steps:

- Soak bones to remove blood — Soak bones in the pot filled with tap water for 15 minutes. Drain off the water. You'll see it will be pink-tinged with blood.



- Blanch bones to remove scum and impurities — Fill pot of soaked bones with fresh water. Bring to a boil and boil vigorously for 10-15 minutes. As the grey scum emerges, skim off and discard.

5. DO I NEED TO ROAST THE BONES? Indeed, many bone broth recipes call for roasting raw bones on a sheet pan in a 400f oven first until they get brown (how long depends on the type/size of bones being used) to extract more flavor. I rarely do this step but you can if you want!

6. WHY ADD APPLE CIDER VINEGAR? The jury is out whether the addition of acid truly helps better extract the minerals and proteins in bone broths. Many swear by it and yet I'm sure it has been scientifically proven. I continue to add it perhaps out of habit. You can't taste it in the final broth. I'll leave it up to you whether to add or not.

7. STRAIN WITH FINE MESH COLANDER OR TRIPLE LAYERED CHEESECLOTH: In particular when making chicken bone broth, there tends to be small bone bits that need to be strained off. Use a colander with a very fine mesh (see photo in blog post) or place three layers of cheesecloth on a colander to strain.

8. FREEZING BONE BROTH FOR STORAGE: I don't do canning so my go-to storage method is to freeze my broth in glass jars. Make sure to leave a good amount of head space or else it may explode as the air inside expands during freezing! I aim for about 1" head room on straight jars or just under where the glass begins to curve inward on a mason jar, no higher. I have wept over cracked containers and wasted broth. Silicon ice cube trays with large compartments are fantastic too for an assortment of smaller frozen portions to use in sauces etc.