



**YOU SAY BONE BROTH,
I SAY STOCK**

PART II

by Janice Cook Knight

PHOTOGRAPHY BY ERIN FEINBLATT



After an unusually warm summer and fall, finally it is the season for soup. Soups and stews often begin with a delectable broth made from bones and/or vegetables, great to have on hand.

In Part I of our story (*Edible Santa Barbara*, Fall 2015), we covered the making of two different chicken stocks, and also included a recipe for mushroom stock, one of my favorite vegetarian broths. For the winter, we'll move into the heartier arena of making beef broth: a classic beef broth made with meaty soup bones, vegetables and herbs, and also a very simple bone broth—made with only beef marrow bones, sans the vegetables and most flavorings.

Winter is also a great time to have fish stock on hand—especially for seafood chowders, or perhaps a warming pot of cioppino or bouillabaisse made with some of our fresh local rock shrimp or spiny lobster, or to make a seafood risotto.

There is a secret to making both the beef and fish stocks: *use good bones*. By that I mean both good quality, and also the appropriate bones for your recipe.

Let's begin with fish. Fish stock should be delicate. It should taste of the sea but not be overly fishy. You need to use mild white fish for stock, not dark or oily fish—no salmon or mackerel here. I like to use halibut, snapper, rockfish or white sea bass. For this recipe I used the heads and skeleton of three halibut, totaling about five pounds. I included the tail and fin as well. I cleaned them first by rinsing them to remove blood, and also pulled out some of the entrails and bits of liver clinging to the skeleton, so as not to give the stock any off-flavors, and to



keep the color light. I was able to pick up my fish bones for free, but your fishmonger may charge a little. Best to call ahead and arrange for the fish store to save you some, since both Kanaloa Seafood and the Santa Barbara Fish Market, my go-to markets for excellent fish, are doing a lot of their filleting offsite these days and you will probably need to special order.

Some fish stock recipes call for more added vegetables, but I wanted just enough to enhance the broth, keeping fish as the dominant flavor.

This stock cooks for an hour, which is rather a long time for fish stock. Most recipes require only 20–30 minutes of cooking, because long cooking can make a fishy stock. The secret here is to keep the temperature very low—the gentlest simmer. That way you'll extract plenty of collagen from the bones without getting a "too fishy" flavor.

Whereas beef bones need to be long cooked to extract collagen, fish bones, being so delicate, give up their collagen and other nutrients easily. After this fish stock cooled, it jelled beautifully, a sign that the gelatin/collagen had been released into the broth.

In making beef broth, you want to choose meats that are grass-fed and organically raised. Grass-fed meat contains less fat than commercially raised beef, and the fats you do eat are higher in the omega-3s. In making broth we are extracting the essence from the bone and meat and transferring it into the broth—both flavor and nutrients—so you want to use the best-quality meat you can find, such as Rancho San Julian Beef at our farmers markets or other organic, grass-fed beef.

These two different beef broth recipes offer an opportunity to compare very different flavors. The classic beef broth has a rich, meaty flavor, with the addition of herb and vegetable components. The beef marrow bone broth, however, has a much lighter, mineral-y taste. The cider vinegar is included here because it's believed to draw more minerals from the bone. The vinegar flavor, over the long cooking time, is very background at the end, almost unnoticeable. Salt and bay leaves are the only other flavors. The stock is rather cloudy when finished. It tastes of bone, but curiously, not much of beef, because there's not much, if any, beef muscle on these bones. For both beef recipes, I roasted the bones first, to bring out the flavors.

Neither of the beef broths gelled as much as the fish stock, or as much as chicken stock does, even after a long cooking time, because it's hard to pull gelatin/collagen out of the bones of older animals. This is why cooks prize veal stock: Veal bones produce gelatin much more easily when made into stock, and this is beneficial in making sauces. But obtaining veal bones here in Santa Barbara isn't easy. Veal is generally milk-fed and expensive. One store quoted me \$22 per pound for veal shank bones, another told me they simply couldn't get them. If I find a more economical source maybe we'll do Bone Broth, Part III.

I'm also curious about using pork bones for broth, which I haven't tried. Marcie Jimenez of Jimenez Family Farm does

sell pork bones suitable for stock making, and there are recipes for pork broth in *Nourishing Broth* (see sidebar). Pork bones, such as pig's foot or knuckle bones, aren't always considered as flavorful as some other animals', but are useful for extracting gelatin, so pork bones are often combined with other bones, such as chicken, to make broth.

While all bones contain some marrow in their center, leg bones, being long and large, contain quite a lot of marrow, so they are usually what's sold. The bones are cut into much smaller pieces and the marrow—a healthy, nutritious fat, with its omega-3s and minerals—is easily extracted during cooking.

After making the stock, some of the marrow may still be left in the bones. Dig in with a small spoon and taste this delicious stuff. When my mom made beef stew, she often saved us the "Goody Bones," licking her lips and rubbing her tummy for emphasis. You may do the same.

RECIPES

Bone Marrow Broth

Adapted from a recipe by Ariane Resnick for LeitesCulinaria.com.

Makes 3 quarts

5 pounds beef marrow bones, rinsed and patted dry

5 quarts filtered water

2 tablespoons apple cider vinegar

1 tablespoon sea salt

2 bay leaves, fresh or dried

Preheat oven to 400°. Place bones in a shallow roasting pan and roast until they are browned, about 30 minutes.

Place bones, water, vinegar, salt and bay leaves in a large stockpot. Cover and bring to a boil. Reduce heat to a very gentle simmer, cover partially, and cook for 24 to 36 hours, skimming any scum that floats to the surface. You may need to add more water; but I sometimes cover the pot if I am away from the kitchen, which keeps the moisture in the pot. I want it to reduce somewhat, and usually let it go for the longer time.

Let cool slightly, then strain the bone broth.

If any of the marrow is left in the bones, scoop it out and eat it, or spread it on toast—it's a delicacy. Discard the bones after removing the marrow. When cool enough, move broth into the refrigerator, for the purpose of getting the fat to rise.

When cold, scoop off fat. I save this fat for cooking—it's full of the nutritious bone marrow. It's great for frying potatoes or other veggies. Ladle broth into freezer containers and leave an inch of headspace for expansion. Can be kept frozen for several months.

Classic Beef Stock

Adapted from *Mrs. Wheelbarrow's Practical Pantry* by Cathy Barrow

A hearty beef stock, this recipe combines meaty bones with vegetables, which are first brushed with a tomato paste mixture and roasted. The tomato paste caramelizes and gives the finished broth extra flavor. Be sure to use a combination of bones, most of them meaty. The marrow bones will not have much meat attached, if any.

Makes about 5 quarts

10 pounds beef bones: I use a combination of about 4 pounds knuckle bones, 4 pounds neck bones—which contain a lot of meat and cartilage—and 2 pounds marrow bones

5 large shallots, halved, unpeeled

4 garlic cloves, halved, unpeeled

2 pounds carrots, roughly chopped (4 cups)

1 (12-ounce) celery root, scrubbed and chopped into large pieces (reserve green top)

3 tablespoons tomato paste

1 tablespoon olive oil

5 quarts cool, filtered water

12 whole black peppercorns

2 fresh or dried bay leaves

12 parsley stems

Stem and leaves of celery root, chopped (optional)

Preheat oven to 425°. Line 2 half-sheet pans with parchment.

Distribute the bones, shallots, garlic, carrots and celery root on the baking sheets evenly, leaving some space between items. Combine the tomato paste and oil in a small bowl, then rub all over the bones and vegetables. Roast until well browned, about 40 minutes; rotate the pans halfway through.

Transfer the roasted bones, vegetables and any juices to a large stockpot. Add ¼ cup of the water to each of the baking sheets to loosen any tasty bits, and scrape this good stuff off the parchment and into the stockpot. Add the peppercorns, bay leaves, parsley and celery root tops and the remaining water, and bring to a boil. Reduce the heat, skim any foam, cover and simmer gently for 12–16 hours. You can crack the lid slightly during cooking to concentrate the stock, but be careful you don't walk away or let this go overnight with not enough water. Remember: a gentle simmer. Near the end of cooking, when you taste the meat, you want it to taste bland and used up—all that flavor is in the stock (although our dog still gobbled it up).

Let cool slightly, then strain the stock through a colander into a smaller container. Refrigerate overnight.

Scrape the solid fat from the stock, and discard it or save for cooking. Ladle the stock into freezer containers or quart Mason jars, leaving a generous 1 inch headspace to allow for expansion. Can keep frozen for several months.



B. EMMANUELLE

Fish Stock (Fish Fumet)

Adapted from a recipe in *Mrs. Wheelbarrow's Practical Pantry* by Cathy Barrow

Makes about 4 quarts

1 tablespoon olive oil

1¼ pounds leeks, about 8 small, white and pale green parts, sliced

1 pound carrots, chopped

3 stalks celery, including leaves, chopped

5 pounds bones and heads (including tail) from white fish, such as halibut, sea bass, cod, snapper, rockfish, etc.

1 cup dry white wine

4 quarts cool filtered water

12 whole black peppercorns

12 parsley stems

4 sprigs of fresh fennel leaves (optional)

2 fresh or dried bay leaves

8 small sprigs fresh thyme, or 1 teaspoon dried thyme leaves

Heat the oil in an 8-quart stockpot over medium heat. Add the leeks, carrots and celery, and cook until soft, but not browned, about 10 minutes. Increase the heat to medium, add the fish bones and sauté for 5 minutes, turning the bones frequently.

Add the wine, cover the pot, and cook until the wine simmers steadily. Add the water, peppercorns, parsley, fennel, bay leaves and thyme, and increase the heat; bring just to the edge of a boil, then turn down the heat; cover and simmer gently for 1 hour. Do not let the mixture boil, or the stock will become cloudy and will taste bitter.

Strain the stock through a fine-mesh strainer and allow to cool slightly; ladle the stock into freezer containers or clean Mason jars, leaving an inch at the top. Cool, then cover and freeze. Can be frozen for several months.

Reading List

Nourishing Broth: An Old-Fashioned Recipe for the Modern World

by Sally Fallon Morell and Kaayla T. Daniel, PhD, CCN (Grand Central Life and Style, 2014)

Sally Fallon Morell and Kaayla Daniel tell the story of bone broth—why it's good for us, and the science of extracting collagen and other ingredients from bones. They include recipes for many types of stock, plus more recipes that stock can be used in. Sally is also the author of the classic health and diet book *Nourishing Traditions*.


Mrs. Wheelbarrow's Practical Pantry

by Cathy Barrow (Norton, 2014)

Clear recipes for making basic stocks, plus how to pressure-can your own homemade stocks if you are so inclined (I find freezing a lot easier).

CookWise: The Secrets of Cooking Revealed

by Shirley Corriher (William Morrow, 1997)

All the classic stock recipes, with great explanations of the science behind the steps. A useful book for explaining all kinds of cooking mysteries. 

Janice Cook Knight is the author of *Follow Your Heart's Vegetarian Soup Cookbook* and *The Follow Your Heart Cookbook: Recipes from the Vegetarian Restaurant*. She has taught cooking for over 25 years and currently teaches a cookbook-writing workshop. Her article in the fall 2014 issue of *Edible Santa Barbara*, "Hurray for the Orange, Red and Gold: The Season for Persimmons," won the 2015 M.F.K. Fisher Award in the Print Category. JaniceCookKnight.com



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