

Piggyback Bone and Vegetable Broth

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slow cooker (1-2 gallons depending on size)

- pasture-raised meat **bones**
- filtered or distilled water
- **vegetables or scraps**

1. Put **bones** in slow cooker and fill with **water**.
2. Simmer on high for at least **6 hours**, or low 8 hours, up to 18 hours.
3. **Strain** through a cheesecloth or flour sack towel.
4. **Keep bones and a few cups of broth in the slow cooker.**
5. **Break up the softened bones** to reveal the marrow
6. Add **vegetables** to slow cooker and fill with **water**.
7. Simmer on high for at least **6 hours**, or low for up to 18 more hours.
8. **Remove any vegetables** desired for consumption at appropriate time (when soft, but not pulped)
9. Strain broth and discard bones.
10. Freeze in individual portions for easy use.
11. Only add **salt** and **herbs** to taste when serving or using in recipe.

Substitutions/Suggestions:

I generally use the bones of 2 chickens and 4-6 feet. Any combination of necks, backs, feet, and bones are good; the more bones you use, the stronger and more nutritious your broth will be.

My usual piggyback is 3-4 stalks of celery, an onion and some carrots. The ultimate flavor can be achieved with celery root (celeriac).

After 4-6 hours, remove the root vegetables so they can be chopped and used in soup or recipes, and let the rest continue simmering.