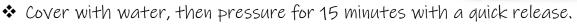# Beef Bone Broth

Nana's beef bone broth starts out with short ribs in this recipe. You'll see that during the process, she separates out the meat to use in other recipes. You can use any bones with connective tissue, marrow, collagen, and/or fat such as oxtail, joints, neck bones, and the shank. This is a great base for soups, gravies, or any recipe that calls for beef broth or beef stock.

Ingredients

5 pounds short ribs
> (There will be more bone and fat than meat.)

salt and pepper

Instructions

- ❖ Salt and pepper the short ribs.
- ❖ Place in a pressure cooker – electric or stovetop.
- ❖ Cover with water, then pressure for 15 minutes with a quick release.
- ❖ Remove short ribs from the liquid to cool making sure to reserve the liquid.
- ❖ Once cool to the touch, remove the meat from the bones and fat. *(This meat can be used for Nana's shepherd's pie recipe.)*
- ❖ Place the bones and fat back into the reserved liquid. Pressure for 60 minutes.
- ❖ Once done, run all the remaining liquid through a fine mesh strainer.
- ❖ Now you can toss the fat and bones, or feed to the dogs.
- ❖ This beautiful liquid can cool in the fridge overnight.
- ❖ In the morning, take a spoon and dip or scrape off the solidified fat sitting on the top. Toss this fat as well.
- ❖ You now have <u>bone broth with the fat removed</u>.
  - o *Nana wanted to also share this secret for removing the fat from your bone broth. If she doesn't want to wait for the bone broth to cool completely in the fridge, she'll pour it into a pitcher with a spigot at the bottom. She lets it sit long enough for the fat to separate (float to the top), then she drains the bone broth into a pot until the fat reaches the spigot.*
- ❖ Season the bone broth with salt and pepper to taste.
- ❖ You can store your nutritious bone broth in the fridge for up to a week, or can it for shelf-stability.
- ❖ You know if you have good rich bone broth when it is a jelly consistency after cooling. Don't worry. It will turn to a liquid when heated again.

Nana's Kitchen
Made With Love and Purpose

"O taste and see that the LORD is good: blessed is the man that trusteth in him."
Psalm 34:8