



Thomas[®]
cuisine

BONE BROTH.

Bone broth is a hybrid of broth and stock. The base is usually made from roasted bones, with or without meat attached. Bone broth is cooked for a long period of time, often more than 24 hours, and the goal is to not only extract the gelatin from the bones, but also release the nutritious minerals. It is then strained and seasoned to be enjoyed on its own, like broth, or incorporated into healing soups and hearty meals.



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BROTH.

Broth is water simmered with vegetables, aromatics, and meat, and can include some bones. It is cooked for a short period of time, usually 45 minutes to 2 hours, then strained and seasoned. The goal of broth is to use a combination of ingredients to create a light, flavorful liquid that can be enjoyed on its own as a soup or soup base along with other ingredients). Broth usually stays fluid when chilled.



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STOCK.

Stock is water simmered with vegetables, aromatics, and animal bones, sometimes roasted, and sometimes with some meat still attached. It is cooked for a medium period of time, usually 4 to 6 hours, then strained. It is usually not seasoned at this stage. The goal of stock is to extract the collagen from the connective tissues of the bones being simmered, which give stock its thick, gelatinous quality. When chilled, good stock should have the texture and jiggle of Jell-O. Stock is not served on its own; rather, it's used to deglaze a pan, or as a base for a rich sauce or gravy.

THOMAS' BONE BROTH

Makes ½ gallon

- 4 pounds (or more) of bones from a healthy source
- 4 chicken feet for extra gelatin (optional)
- 3 onions
- 5 carrots
- 4 stalks of celery
- 4 tablespoons Apple Cider Vinegar
- 1/2 bunch of parsley
- 2 tablespoons sea salt
- 1 tablespoon peppercorns
- 2 sprigs Rosemary
- 2 sprigs fresh Sage
- 4 cloves of garlic for the last 30 minutes of cooking.
- 2-3 gallons water

1. If you are using raw bones roast them in the oven first for 30 minutes at 350.
2. Then, place the bones in a large stock pot. Pour water over the bones and add the vinegar. Let sit for 20-30 minutes in the cool water. The acid helps make the nutrients in the bones more available.
3. Rough chop and add the vegetables (except the parsley and garlic, if using) to the pot. Add the salt, pepper, spices.
4. Now, bring the broth to a boil. Once it has reached a vigorous boil, reduce to a simmer and simmer until done.
5. During the first few hours of simmering, you'll need to remove the impurities that float to the surface. A frothy/foamy layer will form and it can be easily scooped off with a big spoon. Throw this part away. I typically check it every 20 minutes for the first 2 hours to remove this. Grass-fed and healthy animals will produce much less of this than conventional animals. Simmer 24 hours.
6. During the last 30 minutes, add the garlic and parsley, if using.
7. Remove from heat and let cool slightly. Strain using a fine metal strainer to remove all the bits of bone and vegetable. When cool enough, store in a gallon size glass jar in the fridge for up to 5 days, or freeze for later use.

THOMAS' CHICKEN BROTH

Makes ½ gallon

- 4 lbs. raw chicken carcasses, preferably free-range or organic, legs or wings chopped
- 1/2 head of garlic, unpeeled and bashed
- 2 sticks of celery, roughly chopped
- 1 medium onions, roughly chopped
- 1 large carrots, roughly chopped
- 3 bay leaves
- 1 sprigs of fresh rosemary
- 2 sprigs of fresh parsley
- 2 sprigs of fresh thyme
- 1 tablespoon of oregano
- 1 tablespoon whole black peppercorns
- 1 gallon cold water (or enough to cover)

Place the chicken carcasses or cut up chicken, garlic, vegetables, herbs and peppercorns in a large, deep-bottomed pan. Add the cold water and bring to the boil, skim and then turn the heat down to a simmer. Continue to simmer gently for 45 minutes to one hour, skimming as necessary, then pass the stock through a fine sieve. Allow to cool for about an hour, then refrigerate. Once the stock is cold it should look clear and slightly amber in color. It will keep in the fridge for about 4 days and in the freezer for 2-3 months. Reserve any cooked Chicken for salads, soups or sandwiches.

THOMAS' CHICKEN STOCK

Makes ½ gallon

- 5 and 1/2 lb. raw chicken carcasses, preferably free-range or organic, legs or wings chopped
- 1/2 head of garlic, unpeeled and bashed
- 5 sticks of celery, roughly chopped
- 3 medium onions, roughly chopped
- 2 large carrots, roughly chopped
- 3 bay leaves
- 2 sprigs of fresh rosemary
- 5 sprigs of fresh parsley
- 5 sprigs of fresh thyme
- 1 tablespoon of oregano
- 1 tablespoon whole black peppercorns
- 1/2 teaspoon of crushed red chilies
- 6 quarts cold water (or enough to cover)

Place the chicken carcasses or cut up chicken, garlic, vegetables, herbs and peppercorns in a large, deep-bottomed pan. Add the cold water and bring to the boil, skim and then turn the heat down to a simmer. Continue to simmer gently for 3-4 hours, skimming as necessary, then pass the stock through a fine sieve. Allow to cool for about an hour, then refrigerate. Once the stock is cold it should look clear and slightly amber in color. It will keep in the fridge for about 4 days and in the freezer for 2-3 months. Reserve any cooked Chicken for salads, soups or sandwiches.