

Bone Broth Recipes from www.AboutMorkies.com

RECIPE 1: BASIC BONE BROTH

Margaret Nee from The Art Of Dog

Gather up raw or cooked ones, and be sure to include **joint bones with cartilage**. (Rinse off any sauce on cooked bones.) Some examples include turkey wings and leg bones; chicken feet and necks; knucklebones; beef marrow bones, or bones from your own meals.

Completely cover the bones with water, and add 2 to 4 tablespoons of apple cider vinegar or lemon juice.

Add about 1/2 cup fresh parsley at the very end, just before you take the broth off the heat.

Start the mixture on high to get it going, then turn it to very low and cook for the day.

***Chicken bones can cook for 24 hours. Beef bones can cook for 48 hours.**

When it is finished cooking, strain the bones (do not feed to your dog). Chill the remaining liquid and skim excess fat off the top when cooled. The broth should be a jelly-like consistency when cooled.

You can freeze this broth in small containers, even ice cube trays, or store in your refrigerator for about 4 days.

RECIPE 2 - FISKESUPPE

Animal Wellness Magazine

- 2 pounds fish bones, including heads, tails, and the trimmings after cleaning
- 1 teaspoon sea salt
- 1 bay leaf
- 4 cups filtered water
- Herbs can also be added, including flat or curly parsley

Put all ingredients in a large stock pot and bring to a boil. Turn down to a simmer and cook for one hour. Remove the pot from heat and strain out the bones, using a very fine sieve or cheesecloth pulled tightly over a clean pot. Press with the back of a ladle or wooden spoon to remove all the liquid.

TIPS

Use a good variety of bones, including knucklebones and joints. Chicken bones can cook for 24 hours. Beef bones can cook for 48 hours.

Don't forget to add 2 to 4 tablespoons of apple cider vinegar or lemon juice; this is what brings the best out of the bones. You can tell your broth is good when it gels when cooled.

After cooking, strain the mixture and discard all solids, cool the mixture and skim off the hard white fat.

RECIPE 3 - CHICKEN BONE BROTH WITH TURMERIC

Dr. Axe

4 lbs. chicken necks, feet, and wings. You can also use the chicken frame if you can get it. Organic, free-range chicken is an excellent choice to avoid added hormones and antibiotics

- 2 carrots, chopped
- 3 celery stocks
- 1 teaspoon Himalayan salt
- 3 tablespoons apple cider vinegar
- 2 bay leaves
- 3 sprigs fresh thyme
- 5 to 6 sprigs parsley
- 1 teaspoon oregano
- 1 tablespoon powdered turmeric
- 1 pinch ground cumin
- 1 section of fresh ginger but into small pieces

Bring to a boil, then reduce to low heat. Simmer for 24–48 hours, skimming fat occasionally. This low and long cooking time increases the chicken bone broth benefits as there is lots of time for the ingredients to release their goodness into the broth.

Once the broth is cooled, strain out the solids and chill. Then remove the layer of hard fat on top.

Use within 4 to 5 days or freeze.

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