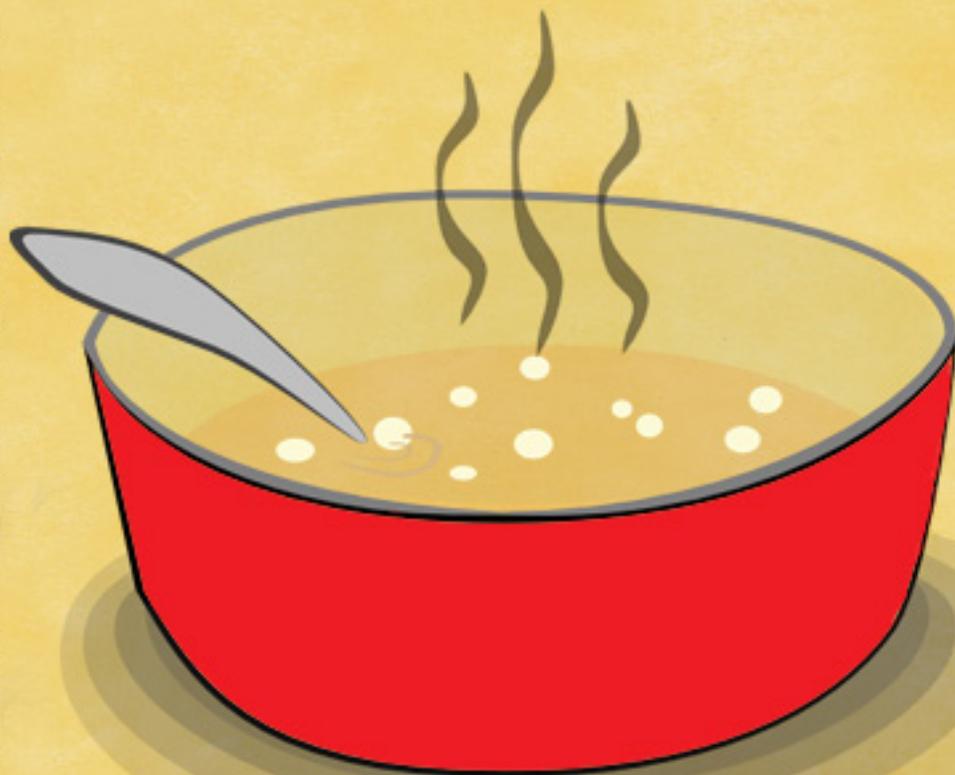


EXTRA
HELPINGS
of
NOURISHING
BROTH



6 BONUS RECIPES
by
SALLY FALLON MORELL



I've provided lots of ways to make broth in *Nourishing Broth* – everything from very simple to the classic method with herbs and vegetables.

I am a very busy person these days and here is the easy and foolproof method I have come up with for making chicken broth.

We eat chicken once a week. I save all the bones in a zip lock bag in the freezer, and after two chickens am ready to make broth.

I put the saved up bones from two chickens in my slow cooker. Then I add either 2 chicken heads and 4 chicken feet or 1 split pig's foot. This should pretty much fill up the pot.

Add good quality water to cover the bones (press them down if necessary) and a splash of vinegar. Cut up one onion coarsely and strew it over the top.

Set the slow cooker on Low and let it cook about 12 hours (overnight). Allow to cool and lift out the bones using tongs and a slotted spoon. Strain broth into a 2-quart Pyrex measuring pitcher. The recipe should yield about 3 quarts.

What you do next depends on how quickly you want to use the broth. You can set the Pyrex pitcher in the fridge and allow the broth to congeal. If desired, remove the fat that hardens on the top.

If you are going to use the stock within five or six days, just cover the pitcher and leave in the fridge.

If you want to store the broth for longer and want to keep the fat in the broth, just pour the cooled broth into mason jars or plastic containers and freeze (be sure not to fill the mason jars too full).

If you want to defat the broth and then store for future use, place the Pyrex pitcher in the fridge and allow the fat to rise to the top and congeal. Remove this and then let the broth warm to room temperature. Pour into mason jars or plastic containers and freeze. Be sure to mark your containers with the type of broth and the date.

EXTRA HELPING NUMBER 1



Chicken a l'Orange

Serves 6

After many years, I believe I have found the perfect way to cook a whole chicken. The first trick is to cut the chicken open along the back (use strong kitchen scissors or shears for this). Pull it open to “butterfly” the chicken and set it in a roasting pan with the cavity side down. This will ensure that every bit of the skin gets brown and crispy. The other trick is to bake the chicken at a high temperature (400 degrees F) for about 45 minutes until it is browned all over, then turn down the heat to 200 degrees F and bake another hour. This method ensures that the chicken is thoroughly cooked, yet still juicy and tender.

- 1 pastured chicken
- Grated zest of 2 organic oranges
- ½ stick butter, melted
- 1 onion, peeled and sliced
- Freshly ground sea salt and pepper
- ½ cup brandy or cognac
- 2 cups homemade chicken broth
- ½ cup crème fraiche or sour cream

Preheat oven to 400 degrees. Cut chicken open along the backbone, pull open and place cavity down in a stainless steel roasting pan. Strew the onion slices in the pan around the chicken. Mix the zest from 1 orange with the butter and brush over the chicken. Generously grind sea salt and pepper over the chicken.

Bake at 400 degrees for about 45 minutes, or until the chicken skin is completely browned and crisp. Reduce heat to 200 and bake 1 hour more.

Transfer the chicken to a heated platter and keep warm while making sauce. To make the sauce, place the pan over a burner with a medium flame.

Pour in the brandy and bring to a boil, mixing with the browned onions in the pan. Add the chicken broth, crème fraiche or sour cream and grated zest from the second orange. Boil vigorously until the sauce reduces by half. Strain into a pan and continue boiling, skimming occasionally, until the sauce thickens enough to coat a wooden spoon. Season with sea salt if necessary (you may not need to add any more salt).

To serve, cut the chicken into pieces and serve with the sauce.

EXTRA HELPING NUMBER 2

Carnitas

Serves 8



This is a great dish for a large crowd. Serve with Mexican Black Beans and Summer Lime Salad (recipes provided). With the addition of a pig's foot, this dish makes its own broth. Leftovers make delicious tacos or enchiladas

About 4 pounds pork butt or shoulder

1 pig's foot

4 limes

About 1 cup filtered water

sea salt to taste

Cut the pork butt or shoulder into 2-inch cubes and place in a slow cooker. Be sure to leave the fat on the pork, this is what makes this dish so delicious. Squeeze the four limes onto the pork pieces and toss. You can add the lime peels to the pork. Allow to marinate several hours. Add the pig's foot and water and turn the slow cooker on to Low. Cook about 6 hours.

Remove the pork pieces with a slotted spoon (including the pig's foot, which will be falling apart). Place in a stainless steel baking pan and

bake at about 450 degrees for 20-30 minutes until the meat becomes a little crisp. Meanwhile, strain the sauce into a pan and reduce slightly by boiling. Season the sauce with sea salt to taste. Serve the carnitas with the sauce on the side, along with Mexican Black Beans, Summer Lime Salad and warm corn tortillas.

Note: For leftovers, break up the meat with your hands and mix with the remaining sauce. Refrigerate and use the next day for tacos or enchiladas.

EXTRA HELPING NUMBER 3

Mexican Black Beans

Serves 8-10

- 4 cups black beans
- 2 cups chicken or beef stock
- Filtered water
- 2 cloves garlic, peeled and minced
- ½ teaspoon ground cumin
- ½ teaspoon red chile flakes
- ½ teaspoon baking soda

Place the beans in a container, add plenty of water and allow to soak overnight. In the morning, drain and rinse the beans. Place in a pot, add the chicken or beef stock and enough water to cover the beans with about 1 inch of water on top. Bring to a rolling boil and skim off the scum that rises to the top. Reduce heat to low and add garlic, cumin, chile flakes and baking soda. Cook all day. The beans should boil gently. Skim off scum occasionally.

Use leftover beans to make Black Bean Soup (see below).



EXTRA HELPING NUMBER 4

Summer Lime Salad

You will need a large platter for this salad. It goes beautifully with carnitas.

- 2 cucumbers, peeled, seeded and sliced
- 3 ripe tomatoes, seeded and chopped
- 1 medium red onion, peeled, cut into quarters and thinly sliced
- 1 bunch cilantro, chopped
- 1 orange, peeled and cut into wedges
- 1 avocado

For the dressing

- $\frac{1}{4}$ cup fresh lime juice
- 1 clove garlic, peeled and mashed
- 1 teaspoon maple or coconut sugar
- $\frac{1}{4}$ teaspoon dried chile flakes
- $\frac{1}{2}$ teaspoon black pepper
- $\frac{1}{2}$ teaspoon sea salt
- $\frac{3}{8}$ – $\frac{1}{2}$ cup olive oil

To make the dressing, place all ingredients in a jar and shake vigorously.

Mix the cucumbers, tomatoes, onion and cilantro and toss with the dressing. Mound in the center of a platter and place orange wedges around the edges. Peel, quarter and slice the avocado and arrange the slices artistically on top of the salad.



EXTRA HELPING NUMBER 5

Liver and Gravy

Serves 3-4



This is how my husband ate liver growing up in New Zealand, and it is still his favorite recipe for this sacred food.

- 1 pound beef or calves liver, sliced about $\frac{1}{4}$ inch thick
- Juice of 2 lemons
- Unbleached white flour
- Sea salt and black pepper
- About $\frac{1}{2}$ cup lard or bacon fat
- 2 cups homemade beef broth

Cut the liver slices into pieces about 2x3 inches. Rub with lemon juice and marinate in the refrigerator several hours.

Mix unbleached flour with salt and pepper. Dry off the liver slices with paper towels and dredge in the flour mixture. Reserve flour mixture.

Melt about $\frac{1}{4}$ cup lard or bacon fat in a cast iron skillet. Cook the liver slices, just a few at a time, over medium high heat, for about 1 minute per side. The should be well browned but still pink inside. Keep warm on a platter in a warm oven. Add more fat as necessary.

When all slices are browned and in the warm oven, add about 2 table-
spoons of the reserved flour mixture to the remaining fat. Stir constantly over medium heat until the flour is well amalgamated in the fat and has turned light brown. Whisk in the broth and bring to a boil, whisking constantly to remove any lumps. Allow to boil several minutes. If the gravy is too thick, thin with a little water; if it is too thin, boil down some more.

Serve the liver with the gravy, mashed potatoes and a green vegetable.

EXTRA HELPING NUMBER 6

Black Bean Soup

Serves 4-6



About 2 cups beans and any juice from leftover beans

1 onion, peeled and chopped

About $\frac{1}{4}$ cup bacon fat or lard

3 cups chicken or beef broth

$\frac{1}{4}$ cup dry sherry

Sea salt to taste

$\frac{1}{2}$ cup crème fraiche or sour cream

In a pot, cook the onion in bacon fat or lard until soft. Add the beans and bean juice, and beef or chicken broth. Simmer about one half hour and blend with a handheld blender. Season to taste with sea salt and stir in the sherry. Serve in heated bowls with crème fraiche or sour cream on the side.



I hope you'll enjoy these five extra helpings of *Nourishing Broth*. My husband Geoffrey and I find they nourish us as we go about our busy lives. Please connect with us often at www.nourishingbroth.com and let us know what you think!

Sally

VISIT OUR WEBSITE

We built www.NourishingBroth.com for you. It's the place to find new recipes, hot brothmaking tips, answers to your questions, new information, and the latest research on broth and health.

On the Resource Page, Dr. Kaayla Daniel, coauthor of *Nourishing Broth*, and I will share our favorite ingredients, cookware, gelatin, collagen and cartilage products, and other products we use and love.

Please share YOUR favorite broth recipes! Tell us all about your brothmaking experiences and join our brothmaking community.

Thank you.

ABOUT SALLY FALLON MORELL

Sally Fallon Morell is the author of *Nourishing Traditions* and is founding President of the Weston A. Price Foundation (begun in 1999), with over 14,000 active members. Its website is the superstar of alternative nutritional information: <http://www.westonaprice.org>.

She is also co-author (with Dr. Mary Enig PhD) of *Eat Fat, Lose Fat* and of *The Nourishing Traditions Book of Baby and Child Care* (with Thomas S. Cowan, MD). Fallon Morell lectures across the country – from the Harvard Law School to small food co-ops and large nutritional conferences.



photo: LorettaMcKenziePhotography.com

Text © copyright 2014 Sally Fallon Morell

All rights reserved.

No part of this eBook may be reproduced, reprinted or republished without written permission from Sally Fallon Morell. The illustrations of the soup pot, chicken, liver, gravy, orange, lime, chile peppers, black beans and sticky note are clip art images in the public domain.

Sally Fallon Morell's *Extra Helpings of Nourishing Broth* © 2014
We welcome your comments and questions at nourishingbroth.com