



# Ivey's In My Kitchen™

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 Counterpart



## Beef Bone Broth; Biologically Better or Buzzword Bull\$#!T?

**NATURAL AND NATURALLY.** Two years ago, as it turned out, the way weird things do, someone I love, fell sick on a day that I had that big pot of bone broth already on the stove. I got the phone call; gathered up what I would need and packed a granny-sized bag full of beef broth. He ended up living on the stuff. I have been keeping a full stock on hand and try to refill his stash every chance I get. The broth freezes terrific and will last several days thawed in the refrigerator. While I had the first big pot on the stove that day, I was chatting with our darling clever Boating on the Hudson friend Allison. She recommended adding some apple cider vinegar to the batch. I had never heard of that before. Allison explained the vinegar helped to extract even more of the minerals and goodness from the bones during the cooking process. At first I was concerned about the taste. I love cider vinegar, but I didn't know how it was going to affect the broths flavor. It did not affect

it at all. I added a full shot glass of Bragg's Apple Cider Vinegar and didn't taste even a hint of it in the resulting broth. Now, thanks to Allison, I will never make bone broth without it.

This column was a genuine trip. From its inception as an article it has taken turns and twists and given us gifts along the way. Something that started out as a simple stock, for winter stocking, ended up being not only a game changer; it's been a life changer. Hell, this time last year it was even a lifesaver. We wrote about the benefits of bone broth this time last year because of our dear, John. It's amazing how fast bone broth has caught on like a craze and that there is now a whole lot more to say. First I want to call bull\$#t on a couple of things. I was in the food store last week and saw a new book AND a food product based on the medicinal theories behind using bone broth as a comforting cure. They used things like cornstarch, fillers, preservatives, artificial color and ingredients I could not pronounce. The book spoke nothing of the origin of the bones. That is like giving an idiot half of an education. The point is NATURAL, natural bones from natural animals. Organic is becoming an almost controversial term, unfortunately making it open for personal interpretation. Advertising and marketing can make the consumer think they are buying something "healthy" which in real life amounts to nothing more than water salt and caramel coloring. If you think you are going into the store, buying a can of average broth off the shelves for medicinal purposes, you are mistaken. Unfortunately. I wish it were not that way but there is very little if any nutrition or protein in that can. Now, if the can is labeled organic or all natural and has minimal ingredients, give it a whirl. I like Muir Glenn and Pacific. But if you are going for a classic red and white can of beef broth, put it back on the shelves, you're better off buying orange juice. The bones and the marrow of the animal have to be clean because that is the location of its essential minerals. If the animal was raised in poor conditions, fed hormone laden feed and endured antibiotics and chemicals, that all resonates in their bones. And THAT right there is your argument for all natural food.

John (our Publisher) two years ago, is not the only one who got sick. This time last year we almost lost another one of our Boating on the Hudson own. She was so ill and diminishing before our eyes, while suffering. It was too much to watch. I do not know how she endured. I developed a lot of opinions about our medical industry during that time. I was watching my dearest friend, waste away, while doctors watched with no solutions but a lot of offers of morphine. Which, by the way has no connection to stomach ailments. Once I brought her home from the hospital, I got bossy (imagine that!) and went about "fixing" her system, our selves. From where I stood, the doctors were about to kill her anyway so what worse could I do?? To add another obstacle, there was now FODMAP. Look it up, it will make your head spin. It's a no's and yes list of foods she can and cannot have. Onions, garlic, celery... regular aromatics used in say, soup... not on the yes list. I needed a way to get liquid protein in her. I pulled out my biggest pot, raided the deepest reserves from my freezer and made beef bone broth out of nothing but beef bones, water and salt. Of course I used Ali's trick with the cider vinegar. The doctors and nutritionists told us there was no protein in beef broth, they were wrong. When doctors and nutritionists speak about food, they are talking about the lowest grade of food. What is available on the most average market shelf. When you are looking for something to heal you from the inside out, you need to look a little closer to home I guess. I know where my beef bones come from, do you? Try making this recipe at home from scratch and you will understand why it's worth

the trouble to seek out clean all natural beef. The difference it made was instant and amazing. She thrived. It was delicious. And very soon she went from weak to strong. That was the beef broth.

Making beef broth has always been an all day affair for me. Unlike chicken, beef takes a little longer to penetrate and release all of its yummy goodness. When I first learned this recipe almost thirty years ago, it was all thrown in raw and set on the stove for 8 hours. I thought it laborious and did not endure it often. I wonder what teenage me would have thought about this current execution? Probably think I was jack-nuts. Back then I had no idea how much I would care. But I do care now; very, very much. I care about the quality of my food, our food. I care about chemicals, hormones, pesticides and the insertion they have had into our population. I get preachy when it comes to the quality standards that are allowed in food. I have a food license, it was incredibly difficult to get; it took years and a small fortune (not to mention the multiple gray hairs). I twist myself into a pretzel insuring that my ingredients are pure and natural and when I see the long list of artificial ingredients on something as simple as a can of clear beef broth, my head spins. So, I make my own. From organic, local beef, I got converted through education and flavor.

The purpose in my house, for stock, broth or soup, is often nursing. If I feel poorly I reach into my freezer and pull out a small container of bone broth, it's instinct. Maybe being Jewish, I have an affinity for chicken soup as a cure for the common cold (or for the common life). However it is as a Mother that I have learned the value of a protein packed clear liquid when my children or Husband or any member of my village is sick. The minerals in the bones, the collagen from the marrow, the vitamins from the meat, all soothe our tummies, throats and tame our illnesses when the cold winter weather roars. Broth is medicinal; at least I believe it to be. So when I am cooking up a large batch to store up for the winter I reach for the finest of ingredients.

Shunpike Dairy is my current beef knuckle and marrowbone dealer. Liz not only has the best raw milk in the world, but also has the best tasting beef (as well as many other products ranging from eggs to pork and chicken). Shunpike Dairy's got the cleanest beef product I have ever worked with. Vicky and I met Liz and started drinking her milk, years ago. Her interests and her farm have grown and when we say "Liz meat" the kids roar with approval. They know a good meal is coming. We started with cross shank bones and slowly worked our way through neck bones, short ribs to tailbones and every bone in between. When you are using good quality beef, all the bones are good bones. Marrow bones are a particular favorite of mine. They are sexy and remind me of my youth. Liz, and her delights are available at Shunpike Dairy, Address: 1348 Shunpike, Millbrook, NY 12545

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First, oil 'em up good, salt 'em generously and roast 'em on high in the oven. I use the largest roasting pan I can find, to get them all done at once. There will be a good deal of liquid at the bottom of the pan after the roasting, you are going to want that liquid to go into your broth so don't disregard or discard it. Second, when preparing the vegetables, peel them, but leave them whole. Beef takes time on the stove and you want the veggies to be able to hold up to the long term cooking. Also, I like a clear broth. Cutting up the vegetables and futzing with the soup once it's on the stove will result in cloudy, particle-filled broth. Which is just as tasty but has limitations as an ingredient. Say, as in, wanting to make French Onion Soup. (The recipe is on YouTube don't worry.)

Third, find your biggest pot. Fourth, cover with a lot of water and bring to a rolling boil. Fifth, after boiling for thirty to forty-five minutes, reduce to a simmer for a minimum of six hours.

So, you want beef and bones that are the highest quality. That means all natural or organic. It makes sense to invest in bones that come from high quality meat. It's going in your mouth! Being that we are using the bones and not cuts of sirloin, the cost should not be high and past frozen bones will work just as well as fresh. Most butchers are happy to sell their soup bones off. I keep several different cuts in my freezer. As for seasonings, I like bay leaf, whole black peppercorn, dried thyme twigs, loose thyme leaves, shallots and garlic. All are great flavorings for the beef; they seem to marry up nicely.

Cover the bones and veggies with lots and lots of water. To begin with I fill the pot up almost to the top. Bring the whole pot to a rolling boil and then reduce the heat to a simmer. This would be the time to remove what I refer to as the SCUZ. I am sure, in a fancy cooking school somewhere, there is a proper name for the white, to gray to brown foam that rises to the top of the pot as the water boils. Pay attention to the color of the scuz. First it will be white frothy and bubbly, then as the beef cooks and releases small particles that rise to the top and will eventually become brown. There are those, such as myself, that are particular about clear broth, so scuz is the enemy, I like to remove it with a flat spoon and keep a glass measuring cup on the side to spoon it into. Along with scuz, fat rises to the top and this process will help remove the fat as well. I like to separate and keep the fat for things like making popovers and sautéing. People also remove the scuz because it is ugly and therefore unappetizing. Vicky refused to put the cooking pot photo in our collage last year due to it's, as she put it, "unappetizing nature and general ugliness". You'll get a glimpse of what I'm talking about while watching our instructional video and it made it into the collage this time!

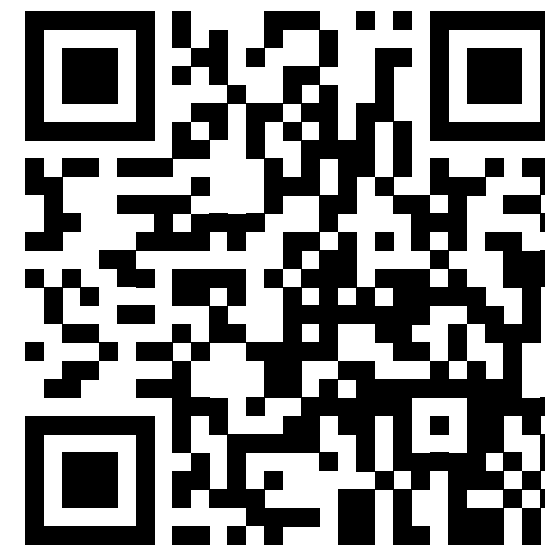
Once the simmering has started, set your timer for six hours if you plan to make beef soup or would like to use any of the beautifully stewed meat. Otherwise, DO NOT FUTZ WITH IT, DO NOT STIR OR POKE AT THE POT! After six hours, the meat tends to begin to dry out, losing some of its unctuous succulence. It still has lots of value in the pot as flavor for the broth but for eating, six hours is usually my limit. Since I like to keep my cauldron boiling overnight, I take the six hour mark as my opportunity to pick through the pot a little. Remove the carrots, any desired meat to reserve and remove any marrow from inside the bones (which also exposes the center of the bones to the stock). I love bone marrow on toast. If you have small soup containers, place the carrots and the pieces of beef into each container, cover with broth and you can freeze them for months. Yay, beef soup! After thoroughly picking through, place any and all remaining bones, fat, even gristle back into the stockpot. They have more to give to the flavor of the liquid. By the way, this would be the only acceptable time you would be messing around with the contents. Otherwise, leave the pot still and let the soup simmer gently. If I didn't make my point before, this will prevent cloudy broth. Check on the broth every few hours.

Refill the pot with more water if you see the liquid levels getting too low. Once the broth has finished cooking, separate the liquids from the solids and refrigerate the liquid overnight if possible to remove the layer of beef fat. This fat is perfect for sautéing onions, roasting potatoes and will hold up for a while if kept in the back of your refrigerator.

There is a simple instructional video that we made to walk you through the recipe. It is as simple as it is delicious. Just use your smartphone to scan the code and the video will pop right up! If you do not have a smartphone you can always look for the video on our website [BoatingontheHudson.com](http://BoatingontheHudson.com) or visit our channel on YouTube; search for Ivey Levy.

Special thanks to Liz Baldwin and Shunpike Dairy,  
1348 Shunpike, Millbrook, NY 12545  
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Enjoy!



The BONE BROTH SOUP that Ivey is describing to you here, as well as Ivey and Vicky played a HUGE part in my recovering from intestinal surgery, done in July of 2015. I am not going to go into all the details here, but as of this writing, and only four days after my second surgery, Ivey's Bone Broth, was what brought me back from the brink.....and I am not kidding.

As soon as you drink half a cup you can feel it going through your body. Where as any other food just sits in your stomach, this recipe flows through you healing you!

Stop smoking, (i never did), drink less or no alcohol, and pay attention to what you eat.

At age 80 I will be jet skiing, boating, flying, and generally have a good time, especially putting this BoatingontheHudson magazine together. Thanks to Ivey and Vicky and all the help they gave me over the past 5 months.

*John H. Vargo, Publisher*