



FISH BONE BROTH

PREPARATION TIME: 1H 30 MIN

INGREDIENTS:

- 5-7 pounds fish
- 2 tablespoons ghee
- 1-2 carrots, scrubbed and coarsely chopped
- 2 ribs organic celery, including leafy part, coarsely chopped
- 2 medium onion, coarsely chopped
- Purified water to just cover the bones in the pot
- 1 bay leaf
- 1-2 whole cloves
- 2 teaspoons peppercorns
- 1 tablespoon bouquet garni or a small handful of fresh parsley
- 4-5 stems fresh thyme

INSTRUCTIONS:

1. In a large stockpot, melt the ghee over medium-low to low heat.
2. Add the carrots, celery, and onion and cook, stirring occasionally, for about 20 minutes.
3. Add the fish and enough water to cover it by 1".
4. Increase the heat to medium and bring the water to a bare simmer.
5. Use a shallow spoon to carefully skim the film off the top of the broth.
6. Add the bay leaf, cloves, peppercorns, and bouquet garni and reduce the heat to low.
7. Cook at a bare simmer for about 50 minutes, uncovered or with the lid askew.
8. Continue to skim the surface as needed. When the broth is done, remove the pot from the heat.
9. Using tongs and/or a large slotted spoon, remove all the bones.



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10. Pour the fish bone broth through a fine mesh strainer and discard the solids.
11. Let cool on the counter before refrigerating.
12. You can skim off the fat easily after the broth is chilled if desired.
13. When chilled, the broth should be very gelatinous.
14. The fish bone broth will keep for 5 days in the refrigerator and 3 or more months in your freezer.