Now, More than Ever:
Broths and Stocks

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Over the past 14 years, Monica’s work has focused on the Gut-Brain connection, and she is considered an authority on cooking to heal a leaky gut via the GAPS (Gut and Psychology Syndrome™) nutritional protocol and others. Her latest book is The Complete Cooking Techniques for the GAPS Diet: www.simplybeingwell.com
Broths and Stocks
Nourishing broths and stocks date to the Stone Age!

The words “broth” and “stock” are used interchangeably and refer to the “liquid gold” that is produced from the cooking of bones in water.
What started out as eking the last bits of food from bones… “boiling the bones”
Turned out to be something nutritious and healing!

Over the years, studies have been done that tell us what our ancestors knew:

Bones cooked in water makes “nourishing stuff”.
For hundreds of years…

Stocks and broths have been used to restore health:

- From colds and flus and other illnesses
- Stabilizing fluctuating temperature
- Helping mucous move during respiratory infections

Healing Power of Stocks and Broths

- Osteoarthritis
- Rheumatoid Arthritis
- Scleroderma
- Psoriasis
- Wound Healing
- Digestive Disorders
- Infectious Disease
- Anti-Aging
- Sports and Fitness
Healing Power of Stocks and Broths

- From healing “leaky gut” to feeding your immune alliance and activating white blood cells…
- To joints that remain flexible and don’t creak…
- To strong bones that are not brittle…
- To radiant skin, strong nails, and beautiful hair…

How do they do it?

Stocks and Broths provide the building blocks of healing:
- Amino Acids
- Gelatin-hydrophilic colloids and collagen
- Electrolytic Minerals
What is Gelatin?

Gelatin is created from collagen (or collagenous protein) when it is heated.

Joints yield Gelatin!
What is Collagen?

• Collagen is the “glue that holds the body together”.
• Found in connective tissue: skin, tendons, ligaments, internal organs, bones, and vascular system, as well as many other places in the body.
• Cooking breaks down collagen protein into gelatin. Gelatin has the amino acids which make up the “glue” called connective tissue.

Gelatin is the Sign of a “Nutrient-Dense” Stock

Refrigerate to see if you have “achieved gelatin.”
Gelatin was Prescribed for Infectious Disease

- Common cold
- Flu
- Typhus
- Scarlet Fever
- Measles
- Cholera
- Dysentery
- Appendicitis
- Fevers

Why do We Love Gelatin?

- Assists in the proper digestion of proteins
- Improves the integrity of collagen—improved appearance of the skin and lessening of digestive tract inflammation
- Helps heal many digestive and other disorders, including anemia, diabetes, colitis, rheumatoid arthritis and even cancer
- CRITICAL to healing a leaky gut
Stocks and Broths:

What is the Same?

Pot

Water

Bones

What is Optional?

Vegetables

Herbs

Vegetables and fresh herbs are added for both flavor and mineral contributions.
What is Different?

Types of Bones

Type of Pot

Which bones—
what type, how many, how much water—
will determine whether you are making “bone broth” or
“meat stock”.

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Bones

What type?

How much?

Pots

What type?
### Pot for Bone Broth:
“Stock Pot” or “Big Broth Pot"
12-16 quarts or larger

### Pot for Meat Stock:
Dutch Oven
4-6 quarts

Bone Broth, aka Bone Stock

The purpose of making bone broth is to prepare a large quantity of stock at one time.

It may be used as a beverage or as the foundation of soups, stews, gravies, sauces, and in the preparation of grains.
Bones for Beef Bone Broth

Marrow bones and knuckle bone

Marrow: nutrients
Knuckle: Joint: gelatin

“Boney” Bones for Beef Bone Broth

Traditional Stock is about 80% boney bones and 20% meaty bones.

Boney bones yield minerals and connective tissue, meaty bones yield amino acids and flavor and gelatin.
Bone Broth, aka Bone Stock

large amount of water: 4 quarts or more
2:1 ratio or more of water to bones
long amount of time: beef 24-72 hours, chicken 6-24 hours

stock made from bones—mostly “boney” (knuckles, neck, marrow) and a few meaty bones for flavor and color

### Beef Bone Broth

<table>
<thead>
<tr>
<th><strong>Bones</strong></th>
<th>Approximately 7 pounds total: 4-5 lbs. “boney” bones; mostly joints and knuckle bones, which will yield much gelatin, and the balance marrow bones PLUS 2-3 lbs. “meaty” bones: short ribs, marrow bones with meat on them, meaty neck bones. Roast for flavor and color prior to soaking.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Water</strong></td>
<td>4 or more quarts of pure water to cover</td>
</tr>
<tr>
<td><strong>Vinegar</strong></td>
<td>½ cup apple cider or other mild vinegar</td>
</tr>
<tr>
<td><strong>Amount of time to let stand with vinegar (no heat)</strong></td>
<td>1 hour</td>
</tr>
<tr>
<td><strong>Trinity: celery, carrots, onions coarsely chopped (no need to peel if organic)</strong></td>
<td>3 celery ribs, 3 carrots, 3 onions</td>
</tr>
<tr>
<td><strong>Herbs</strong></td>
<td>Bunch of fresh thyme at start, Bunch of fresh parsley with 10 minutes time left</td>
</tr>
</tbody>
</table>
| **# of hours to simmer** | 24-72 hours *time may be cumulative time
## Chicken Bone Broth

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>bones</strong></td>
<td>1 free-range stewing hen or “layer”, neck and wings cut up OR 3-4 lbs. of boney chicken parts: a combination of necks, backs, and wings, OR 2 chicken carcasses 2-4 chicken feet (optional)</td>
</tr>
<tr>
<td><strong>water</strong></td>
<td>4 or more quarts of pure water to cover</td>
</tr>
<tr>
<td><strong>vinegar</strong></td>
<td>2 tablespoons apple cider or other mild vinegar</td>
</tr>
<tr>
<td><strong>amount of time to stand with vinegar (no heat)</strong></td>
<td>30 minutes</td>
</tr>
<tr>
<td><strong>trinity: celery, carrots, onions coarsely chopped (no need to peel if organic)</strong></td>
<td>3 celery ribs 2 carrots 1 onion</td>
</tr>
<tr>
<td><strong>herbs</strong></td>
<td>Bunch of fresh parsley with 10 minutes time left</td>
</tr>
<tr>
<td><strong># of hours to simmer</strong></td>
<td>6-24 hours <em>time may be “cumulative time</em></td>
</tr>
</tbody>
</table>
Cumulative Time for Bone Broth

Cumulative time is the total amount of time added together.

For example, bring your stock to a boil, skim the scum, lower to a simmer, and start timing. If you need to turn the stock off, just bring it back to a boil, skim the scum, lower to a simmer and start timing again.

Keep a pad and pencil near the stove to keep track of the hours cooked.

Gelatinous Beef Broth with Fat Layer on Top
If Bone Broth Doesn’t Gel*

Add powdered gelatin when it is done:
1 tablespoon per quart

*note: powdered gelatin is a processed food and is not allowed on the GAPS Diet.

Meat Stock
Why Make Meat Stock?

Heal and Seal a Leaky Gut and the Symptoms it causes!
And...low in glutamic acid

Symptoms of a “leaky gut”

- Food sensitivities, intolerances, allergies
- Bloating, constipation, or chronic diarrhea
- Skin rashes, eczema, psoriasis, etc.
- Brain fog, depression, mood swings, bipolar disorder, schizophrenia
- ADD, ADHD, Autism Spectrum, OCD, SPD, and so many more...

See Gut and Psychology Syndrome AND Gut and Physiology Syndrome
Prepping for Meat Stock

Note roasting chicken

Note carrots and onion, no celery (too fibrous)

NO vinegar needed: meat stock does not need vinegar there are no bones from which to draw minerals.

Meaty Bones for Meat Stock

- **Beef, bison**: shanks, meaty soup bones, short ribs, meaty neck bones
- **Lamb**: shanks, meaty neck bones
- **Pork**: hocks (not smoked, cut in half if possible), neck bones, ribs
- **Chicken or other small fowl**: whole bird cut up or legs and thighs with all skin and fat
- **Turkey**: thighs or necks
Meaty Bone—Beef or bison shank

Meat Stock is made from meaty bones, or meat with a joint in it and connective tissue.

Meat Stock has come to the fore because of its role in healing the gut lining in the GAPS (Gut and Psychology Syndrome™) Diet.

Meat Stock is a “meat broth”.
Meat Stock

**small** amount of water: to cover
1 pound meaty bones : 1 quart water

**short** amount of time*: beef 3-6 hours, chicken 1.5-3 hours

stock made from *meat with a joint* or connective tissue

*Very important*: the shorter the cook time, the lower the amount of glutamic acid

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Bone Broth
(long cooked stock of bones)

- Amino Acids—very high in glutamic acid
- Gelatin (hydrophilic colloids and collagen)
- Promotion of HCl secretion in the stomach
- Electrolytic Minerals
- Protein sparing
- Used if healthy; no leaky gut

Meat Stock
(short cooked stock of meat with a joint)

- Amino Acids
- Gelatin (hydrophilic colloids and collagen)
- Promotion of HCl secretion in the stomach
- Protein sparing
- Used to heal and seal a leaky gut
Top Reasons Any Stock Won’t Gel

• Too much water to bones
• Not enough joints or connective tissue – Joints make Gelatin!
• Stock was “boiled”, cooked at too high a temperature
• Stock was cooked at too low a temperature
• Water was added while cooking
• Inferior source of bones

Bone Broth
(long cooked stock)

• Made from mostly “boney bones” (marrow bones, knuckles, joints, neck) with a few “meaty bones” (ex. ribs) for flavor.
• Simmered for a LONG period of time (up to 72 hours for beef bones).
• Meat, bones and vegetables are discarded. (Compost or give to cat or dog!)

Meat Stock
(short cooked stock)

• Made from meat with joints or connective tissue.
• Simmered for a SHORT period of time (ex. chicken 1.5-3 hours. Crock pot will be longer.)
• Meat, cartilage, tendons, skin are eaten with the stock, as well as the vegetables.
My newest book! **The Complete Cooking Techniques for the GAPS™ Diet...not just for GAPS!**

- Meat Stock and Bone Broth
- Culturing Dairy
- Lacto-fermentation
- Nuts and Seeds (and Beans and Grains)
- The Intro Diet
- The Full GAPS Diet
- The Transition Diet
- The “Well” Diet: WAPF

**Buy your copy today at Chelsea Green!**

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**Special conference price!**

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**Thank you!**

I look forward to connecting with you!

Be well!

Monica

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FB: Simply Being Well: Cooking for Wellbeing

Ask The GAPS Chef Monica Corrado

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