



ROSE CABINET
MEDICINE

Super-Charge Your Bone Broth

Kitchen medicine that nourishes the body and soul — a fortifying elixir from a chef turned naturopathic doctor.



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* If you are plugged in to trends in nutrition you have been hearing about the benefits of bone broth for a while now. You may have even tried making it yourself! Perhaps you are seeing it showing up on the shelves of your favorite grocery store.

Bone broth truly is a powerhouse of nutrition and a delicious way to take your medicine! Bone broth plays a role in rebuilding and strengthening the intestinal tract, and supporting the immune system; both systems being foundational to health in a broad sense.



Is it food or is it medicine?
Or is it both?

Now get ready to take your bone broth to a new level; supercharge the nutritional value and turn up the volume on flavor. As a chef turned Naturopathic doctor I am known for creating kitchen medicine that nourishes the body and soul. My combined expertise in herbal medicine, culinary skill, and nutrition come together to bring you this fortifying elixir.

This super-charged super-tonic bone broth recipe will affect every system in your body — for better immune function, reduced joint pain, smooth, clear skin, and improved intestinal integrity! One delicious food can do all that? You bet!

Why Bone Broth?

Pre-industrial cultures around the world traditionally use the entire animal in their cuisines. Nothing is wasted. Stocks and broths are foundational to fine cooking from Asia to Europe.



They have long been a staple of home hearth cooking, revered as “food for the soul,” nourishing to the weak and infirm.

Modern cooks are rediscovering the health benefits and versatility of having broth on hand in the kitchen at all times.

How It Works

Just as stomach acid helps us break down our food so we can absorb the nutrients, we use lemon juice or vinegar to acidify the water in which the bones and vegetables are simmered. Cooked over low heat for hours in a slightly acidic liquid, the minerals and cartilage from the joints and bones are decocted and extracted into the broth. The broth then becomes a wonderful source of gelatin, amino acids, minerals, hyaluronic acid, and chondroitin.

Adding seaweed, mushrooms or other tonic herbs add even more nutrients and flavor into the broth. Amino acids that are rich in gelatin include Glycine and Proline. Glycine is used for many functions in the body including detoxification, synthesis of hemoglobin, making bile salts, stimulating gastric acid and healing digestive tissues. It is known to help with wound healing, and can be useful for pre and post surgical healing as well as dental tissue health. Proline is known for supporting radiant skin and strong hair and nails, and heart health.

Because hyaluronic acid is a water attracting molecule it supports cushioned, slippery and lubricated joints. The minerals that end up in the broth are calcium, magnesium, and phosphorus primarily. Kombu seaweed increases iodine levels, important for optimal thyroid function. Medicinal mushrooms are high in beta glucans which support the immune system.



Gelatin

While collagen is the scientific word which describes protein tissues in the body, gelatin is the word for collagen when it is extracted into a food.

When we talk about broth, gelatin content is primary to the health benefits. Gelatin has been studied and recommended for a wide range of health concerns. Primarily known to support joint health (degenerative disk disease or arthritis), digestive health (inflammatory bowel disease, “leaky gut”), cancer, and other depressed immune states.

Gelatin (broth) is an easily assimilated protein beneficial for undernourished people, pregnant women, and growing children.



Bone Broth Basics

Place bones from cows, chickens, or fish in your stainless stock pot or slow cooker with carrots, celery, onion, garlic, black peppercorns.



- Do not add vegetables from the brassica family (cabbage, kale etc.) to broth. The stinky sulfur smell will get concentrated with the long cooking and does not taste good.

Cover the bones and vegetables with water. Add a splash of apple cider vinegar or lemon juice. Do not add salt at this point. You will add salt at the end. If you add it now, it concentrates with the long cooking time and doesn't taste good.

THE LONG SIMMER

Cook on a low simmer for 8–48 hours. Beef bones do well with the longer simmer times, and fish bones do better with the shorter simmer time. Chicken bones are best simmered from 18–32 hours.

The times are flexible, and the idea is to give a long simmer to extract the nutrients, but not so long as to give a burned flavor.

I use an Instant Pot for my broth, but if you are using a stock pot or crock pot you will need to keep adding water as it evaporates. When you decide it is finished, strain out the solids and bottle into glass jars. Add salt to taste.



That's the basic idea. Depending on the bones you use and the length of time simmering, you may end up with a thick, gelatinous broth once it is cooled. That is a great sign that you have a broth rich in gelatin.

However do not despair if your broth doesn't set up or gel — it is still a very wonderful and healing food!

How to Super Charge Your Broth

You can now make a delicious and super-nutritious broth with a few added ingredients. These are optional and you can add some, all, or none to the basic bone broth recipe above. Most of these have immune supporting and anti-inflammatory properties. And all of them will add flavor!



The key is in the dose. You can add a little bit of all of these, but don't overdo it. If you add too much you will overpower the flavor of the broth.

INGREDIENT

Kombu seaweed

For added iodine and other minerals. Great umami taste.

HOW MUCH

One dried strip

Dried Mushrooms — Maitake, Shiitake, or Reishi

Add any or all, for wonderful immune system support, and deep flavor.

1–2 Maitake, 4–5 Shiitake, 2 strips of Reishi

Elderberries

Known anti-viral agent to protect during cold and flu season.

A small handful of dried berries

HOW TO SUPER CHARGE YOUR BROTH · CONTINUED

INGREDIENT

HOW MUCH

Astragalus

An immune modulating tonic herb from Chinese medicine that can stimulate low immune states, and also calm down over active immune states like allergies or autoimmune conditions, and supports good digestion.

3–5 dried slices

Turmeric

An all around super herb, anti-inflammatory and anti-cancer.

3–4 fresh slices

Ginger

Warming, anti-inflammatory and supports good digestion.

2–3 fresh slices

Fennel seed

Adds a nice sweetness to the broth, and helps with digestion and hormone regulation.

1–2 tsp

Licorice root

Adds a nice sweetness to the broth and is a wonderful tonic for the immune system. Licorice is a wonderful synergistic herb for any formula.

1–2 small dried slices

Goji berries

Traditional in Chinese broth recipes, known for blood sugar balancing and their high anti-oxidant content.

A small handful of dried berries

Dandelion Root — not roasted

Used in traditional western herbalism to support liver, kidneys, gallbladder, and spleen.

1 tablespoon of chopped dried root

Burdock Root

Used for healthy skin conditions and lymphatic circulation. This tonic herb is gentle, and multipurpose, known as a “blood purifier.”

1 tablespoon of chopped dried root

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About Dr. Rose



Dr. Rose is a former chef turned naturopathic physician and owner of Rose Cabinet Medicine in Missoula, Montana, where she helps people navigate the maze of nutrition and wellness advice to find out what works for them — so that they can experience increased energy, better clarity, and more emotional resiliency.

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