

# Cooking Tips for Soup Season Extras

Stewing Hens – Beef Soup Bones – Ham Hocks



# Soup Season Extras

## Stewing Hen

Stewing hens are birds that lived a life as laying hens. They are older, with less tender meat but they are well suited for making flavorful broth.

## Beef Soup Bone

A package of beef soup bones includes a cross-cut beef shank with meat and marrow bones. Perfect for soup, broth or slow-cooked osso bucco.

## Ham Hock

A ham hock is cut from the leg joint of a pig and cured like ham. Although it has very little meat on it, it is used to add a lot of flavor to main dishes.

# Tips For Making Chicken Stock

## Roast The Bones

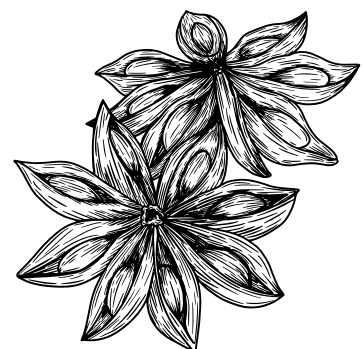
To impart a depth of flavor, roast the stewing hen or any leftover chicken bones before making stock.

## Water To Bone Ratio

After arranging the bones in a single layer, add just enough water to cover the ingredients, then add 1-2 inches more. This helps ensure a gelatinous stock.

## Flavor Secrets

To make a clean versatile stock, avoid aromatics like onions or herbs. Instead, opt for salt, peppercorns, bay leaves, and my secret ingredient: a star anise pod.

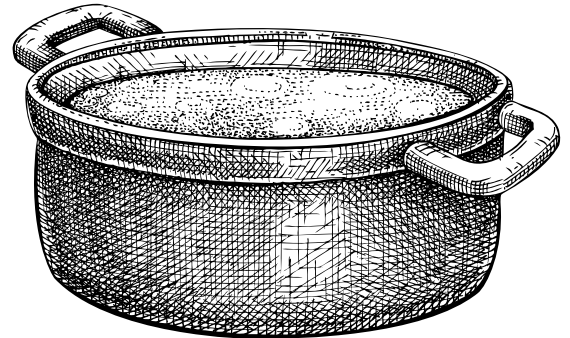


# Tips For Making Beef Broth

## **Cook On The Stove**

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You can cook your beef soup bones in a crock pot or Instant pot, but cooking beef broth on the stove maintains a bright, fresh flavor instead of tasting overcooked.



## **Add Acid**

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Acidifying your water increases the extraction of nutrients from the bones. The best food grade acid to use is red wine or apple cider vinegar.

## **Aromatics**

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Aromatics are vegetables that add a rich flavor and aroma when cooked; they add layers of flavor to your food. The most common are onions, carrots, and celery.

# Tips For Seasoning With Ham Hocks

## **Low and Slow**

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Ham hocks have very little meat on them and are more suited for flavoring dishes. They are best used in recipes that require low and slow cooking such as stews, soups, beans, and braising collard greens.

## **No Salt Needed**

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Ham hocks are cured with salt. Use a low sodium broth or salt to taste after the dish is fully cooked.



# Basic Chicken Bone Broth (Instant Pot)

🕒 1 hour 30 minutes    🍽️ 8 servings

## Ingredients

1- 4-5 pound whole roasted chicken, picked clean of most of the meat

1/4 cup dry white wine or 2 tablespoons apple cider vinegar

1/2 teaspoon whole peppercorns

1 1/2 teaspoons sea salt

1 1/2-2 quarts filtered water

2 bay leaves

1 star anise

1-2 sprigs of any kind of fresh herbs (optional)

## Directions

- 1** Roast a whole chicken. Pick off most of the meat and use immediately or refrigerate and use within 3-4 days. Be sure to leave some bits of meat on the bones since they add flavor to your broth.
- 2** To an Instant Pot, add all skin, cartilage, and connective tissues, as well as all of the bones. I recommend a 6-quart Instant Pot at a minimum. Break apart your roasted chicken carcass at the joints wherever possible to reveal the connective tissues. This will give your bone broth a better gel when it cools. You can choose to add the chicken drippings from roasting your chicken, but this isn't necessary.
- 3** Arrange the chicken bones, skin, and tissues in an even layer in the Instant Pot. Add the remaining ingredients in an even layer, except the water.
- 4** It's important not to add too much water if you want to get a strong gel to your bone broth. Add water to 2" above the layer of bones. This should be about 1.5-2 quarts of water, depending on the size of the chicken. Next, add your wine or apple cider vinegar. (Optional: let sit for 30 min).
- 5** Secure Instant Pot lid and vent and set on manual high pressure for 90 minutes.
- 6** After 90 min., let the Instant Pot naturally release pressure for 10 minutes. Carefully release the remaining pressure. Alternatively, you can let it naturally release completely, which may take about 30 min.
- 7** Strain finished bone broth through a fine mesh colander. Store for 1 week in the refrigerator or for up to 6 months in the freezer. Broth will not go bad in the freezer when stored longer than this, but it may develop an off-flavor.

## Notes

1. From The Bone Broth Academy Cookbook by Families Who Cook
2. You can add vegetables and other aromatics to your bone broth if you want. I often leave vegetables out of bone broth as they can dull the flavor due to the longer cook time.
3. To cook on the stovetop: Make your chicken bone broth on the stovetop following this recipe, except using a heavy pot with a lid. Bring to a boil over high heat, turn to low, cover & simmer for 8-10 hours.
4. After straining the broth, you can store the chicken bones in the freezer for later use.



# Beef Broth

🕒 5 hours   🍽️ 1 serving

## Ingredients

4-5 pounds beef soup bones, (a mixture of mostly meaty bones like oxtail, short ribs, tendons and/or shank, but also some marrow and joint bones)

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1 onion or large shallot, cut into large chunks

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2 carrots, cut in large pieces

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2 stalks celery, cut in large pieces

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1-2 bay leaves

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1/2 teaspoon whole peppercorns

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2 teaspoons sea salt

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1/2 cup red or white wine or 2 tablespoons apple cider vinegar

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3-4 quarts filtered water

## Directions

- 1** Begin with 4-5 pounds of beef soup bones. You can use the bones raw or roast them before making stock. If you'd like to roast them, preheat the oven to 400°F. Arrange the bones on a parchment-lined baking sheet and roast for about 30-40 minutes, flipping halfway.
- 2** Next, lay the raw or roasted beef bones in an even layer in a heavy bottomed pot. I recommend a 7-quart pot at a minimum. Add the remaining ingredients in an even layer, except the water.
- 3** The amount of water you use will have the biggest impact on whether or not your stock will turn gelatinous. Adding too much water will result in watery stock when chilled, versus gelatinous Jello-like stock. Add water to 1-2" above the beef bones. This should be about 3-4 quarts of water.
- 4** Move the pot to the stove and bring to a boil. Right before the water boils you will notice a white film or "scum" rise to the surface. Gently remove this with a spoon and discard.
- 5** Turn heat down to low, cover with a heavy lid, and simmer on low for 3-5 hours. Top up the pot with extra water during cooking if needed.
- 6** Strain finished stock through a fine mesh colander. Store for up to 5 days in the refrigerator or for up to 6 months in the freezer.

## Notes

From The Bone Broth Academy Cookbook

- Make your beef stock in the Instant Pot following these same instructions, except cook on manual high pressure for 75 minutes and immediately release the steam.
- Make your beef stock in the oven following these same instructions, except cook at 250°F in the oven for 3-5 hours.
- Make your beef stock in the crockpot following these same instructions, except cook on low for 6-8 hours.



# Pinto Beans With Ham Hocks

from [thespruceeats.com](http://thespruceeats.com)

🕒 14 hours 10 minutes    🍽️ 8 servings

## Ingredients

1 pound dried pinto beans

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1 large smoked ham hock, or  
2 small hocks

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2 bay leaves

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1/2 to 1 teaspoon crushed red  
pepper flakes

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3 garlic cloves, minced

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1 medium onion, diced

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1 red bell pepper, diced

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6 cups water

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kosher salt, to taste

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freshly ground black pepper,  
to taste

## Directions

- 1** Rinse the beans in a colander under cold running water.
- 2** Sort through them and discard any malformed or damaged beans or small pebbles.
- 3** Put the beans in a large bowl and cover them with water. Soak for 6 hours or overnight.
- 4** Place the beans and ham hocks in the crock pot with the bay leaves, crushed red pepper flakes, garlic, onion, and bell pepper.
- 5** Cover with 6 cups of water.
- 6** Cover the pot and cook for 6 to 8 hours on high, or until the beans are tender.
- 7** Remove the ham hock and bay leaves, then dice or shred the meat. Return the meat to the pot.
- 8** Taste the beans and season with kosher salt and freshly ground black pepper, as needed. Mix well. Serve and enjoy.