



Broth Basics for Soup Season

Honestly, our family could eat soup even on the hottest of days. Soup is the ultimate comfort food. Whether it's leftovers for lunch or a fresh batch for dinner, our weekly meal plan in the winter is full of soups and stews. Homemade broth elevates homemade soups to a new level of nourishment and deliciousness. In our kitchen, we mainly use chicken broth, but beef broth and vegetable broth are also in our rotation.



Chicken Broth: Our Method

We purchase a chicken share from [Valley View Organic Farm](#) in Richland Center. We save bones from our weekly meals in a bag in the freezer. You can also purchase bones at your local butcher shop or coop. Throughout the week add any carrot and celery trims, onion ends and peels, and garlic trims to the bag in the freezer.

On stock making day, I transfer the bones and vegetable scraps to a slowcooker or large soup pot. I'll add peppercorns, a bay leaf, and extra vegetables. (I always add celery leaves and parsley stems from the freezer, carrots, and an onion. Other good additions: thyme stems, leek tops, kale stems, asparagus ends, mushrooms, and corn cobs.)

Simmer for 12-24 hours. I let the broth cool and then strain it through a fine-mesh sieve.

If you are interested in vegetable broth, [this link](#) has our favorite recipe. Roasting the vegetables prior to simmering adds richness and depth to the broth. Tomatoes add acid and sweetness, while dried mushrooms add "meatiness".

You can also make broth in a [crockpot](#) or [Instant Pot](#). Any way you make homemade broth, you will be adding flavor to your meals, getting more out of the meat and produce you are purchasing, and saving money on store bought broth. Win, win, win!



Storing and Using Your Broth

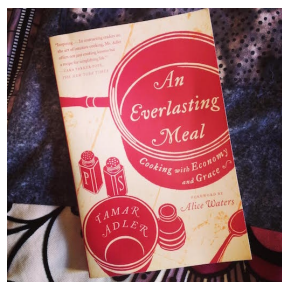
Homemade broth can be stored in the refrigerator for up to a week. We freeze excess broth in mason jars (be careful not to overfill!) and ice cube trays.

We use broth for soups, stews, and chili. I'll often add broth to the crockpot if I am slowcooking meat. The broth cubes are useful for adding broth to cooking greens and pan sauces.

QUICK TIP: *If you need to thaw a jar of broth quickly, place the jar in a pot of cold water. Set the pot over medium heat - heat until thawed.*

Farmhouse Favorites

In this segment of The Monthly Meadowlark, we'll be sharing a few of our favorite (cooking-related) things. Cookbooks, ingredients, techniques, tools, et cetera to inspire you in your culinary adventures.



An Everlasting Meal by Tamar Adler

The first time I read [An Everlasting Meal](#), Craig and I were deep in our first season of working on a farm. We were immersed in a life of food - growing produce, caring for livestock, and exploring the kitchen. This book doesn't look like a cookbook, but it completely revolutionized how I cook and how I think about cooking. Tamar teaches that **the secret to cooking, like the secret to nearly everything, is to begin.**



The Bench Scraper

I sing the praises of the bench scraper at every cooking demo that I do. This, partnered with a large cutting board, are my favorite kitchen tools. I primarily use the bench scraper to transfer chopped ingredients from the cutting board to wherever they need to go - a bowl, sheetpan, or the pot on the stove. It is also useful for smashing garlic before peeling them, cutting dough evenly, and quickly measuring ingredients.

"As long as you taste curiously, and watch and feel and listen, and prick your way toward food you like, you will find that you become someone about whom people say that cooking seems to come naturally, like walking. They will say it and it will be true."

- Tamar Adler, *An Everlasting Meal*

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