

# Pressure Cooker Bone Broth

## Ingredients

3 pounds bones, preferably a mix of meaty bones and marrow-filled bones  
3 tablespoons apple cider vinegar  
1 ½ tablespoons coarse sea salt, or to taste  
1 to 2 celery stalks  
1 large carrot  
1 large onion, 2 leeks, or a bunch of leek greens  
1 whole clove or star anise pod  
2 to 6 garlic cloves  
5 to 7 sprigs fresh thyme or dill  
5 to 7 sprigs fresh parsley  
1 bay leaf  
1 teaspoon black peppercorns  
2 to 4 1-inch-thick coins peeled fresh ginger (optional)

## Method

1. You may want to blanch your bones to remove impurities by boiling them in water for 10-15 minutes. You should always do this with meat bones but with chicken, the difference is negligible, and probably not worth the extra time. The better quality the bones (organic, free-range/pastured, grass-fed, local), the less important the blanching step is, but that's just my experience. I highly recommend trying it out both ways (blanched and not-blanched) to see what works best for you.
2. If you want to roast the bones first, heat the oven to 450°F. Lay the bones out on a rimmed baking sheet and roast until well browned, 25 to 35 minutes. Roasting bones will give a deeper, richer flavour. This is not necessary for a chicken carcass from your roast dinner as these bones have been roasted already.
3. Put the bones (roasted or not) in the pressure cooker pot and add all the remaining ingredients. Cover with 3 to 3 1/2 quarts of water/2.9L (the water shouldn't come more than two-thirds of the way up the side of the pot). To make regular stock, cook on high pressure for 1 hour if using all chicken or poultry bones, or 2 hours for beef or pork bones or a combination of poultry and meat. For bone broth, cook on high pressure for 3 hours for poultry bones, and 4 1/2 hours for beef, pork, or mixed bones. When making bone broth, you'll know you've cooked it long enough if all the connective tissue, tendons, and cartilage have dissolved and the bones crumble a bit when you poke at them. If this hasn't happened, cook it on high pressure for another 30 minutes and check it again.

4. Allow the pressure to release naturally. Use the broth or stock right away, or store it in the refrigerator or freezer. Bone broth and regular stock will keep for 5 days refrigerated or up to 6 months frozen.

To read more about blanching and roasting bones:-

<https://wholefully.com/bone-broth/>

<https://www.bonappetit.com/test-kitchen/common-mistakes/article/common-mistakes-bone-broth>