

HOMEMADE PORK STOCK

Makes about 2 quarts

Ingredients:

Stryker Farm pork meaty bones
1 TBSP organic apple cider vinegar
1 TBSP whole black peppercorns
fresh parsley
fresh rosemary
fresh thyme
2 garlic cloves
1 bay leaf
1 TSP sea salt

Store-bought stock flavor pales in comparison to fresh homemade stock. Additionally, in a typical American supermarket you're hard pressed to find pork stock at all!

Instructions:

1. Put the entire bag of pork bones in the stock pot. Fill with filtered water, just enough to cover the bones.
2. Heat the bones and water on high until the water begins to boil. Scum will rise to the top, these are the impurities that you're trying to remove from your final product. Allow the water to boil for 5 minutes.
3. Carefully drain the boiling water into a sink. That was just for practice - not really, it was just a first round of boiling off impurities. Give the pot a rinse as well, you'll notice the bottom is pretty scummy too. Refill the stock pot with fresh filtered water, just covering the bones again.
4. This time add the vinegar and spices. Use kitchen string to tie the fresh herbs together in a *bouquet garni* (culinary term for a bunch of herbs)
5. Bring the water to a boil again. Use a large spoon to skim off any foam that comes to the top, which shouldn't be too much because you should have gotten rid of most of it the first time around.
6. Reduce the heat and simmer for 8 - 12 hours. You could do it for longer, but I like to be around (and awake) when things are cooking on the stove top.
7. Top up the water as the volume decreases.
8. Strain the stock from all of the bones and bits into containers. Let it cool completely before refrigerating or freezing.

This stock would be great for Asian style soups, or Mexican flavored stews. Let your palate be your guide!

