

Heritage Cattle Company

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HERITAGE BONE BROTH - THE NEW OLD SUPER FOOD

People have been making bone broth for thousands of years. Bone broth has a long and rich history of culinary and medicinal uses and health benefits. I'm sure you remember your mother or grandmother telling you to make sure to eat your chicken soup when you were sick.

But times have changed and the broths we used to have are no longer the same; sadly, most broths we find at the grocery stores rely on high temperatures and fast-cooking techniques, which result in a liquid with lots of water, but end up missing out on most of the benefits of a broth full of gelatin. The majority of them are also full of chemicals, salt and artificial flavoring such as MSG.

With people not having enough time for traditional cooking, the disappearance of local butchers as well as all the lab-produced meat flavorings, preparing broth has become a lost art. This is why we have decided to bring this super food back to you! We want to make this product easily accessible and ready to consume!

What Exactly Is Bone Broth?

The name alone sounds primitive, but bone broth is the result of a long simmering process (minimum of 24 hours) that helps remove as many minerals and nutrients as possible from the bones and connective tissues that heal the body in various ways. Because bone broth is natural, it is much more beneficial than taking supplements, especially for people with severe digestive problems.

Health Benefits and Reasons Why You Should Consume Our Bone Broth

- 1. Fights infections:** Bone marrow found in bone broth helps the immune system by transporting oxygen to cells in the body. It is known to have mild anti-inflammatory effects, which reduces the symptoms of upper respiratory tract infections, helps clear mucous and is a comfort food when sick and the appetite is low.
- 2. Helps heal and promotes a healthy digestion:** The gelatin in the bone broth (found in the knuckles, feet, and other joints) protects and heals the mucosal lining of the digestive tract and assists the digestion of nutrients. This helps cure leaky gut syndrome, chronic diarrhea, constipation, and even some food intolerances and allergies. Bone broth is excellent for people with food sensitivities and gastrointestinal disorders, because it is usually very safe and tolerable for the body.
- 3. Reduces joint pain and inflammation:** The chondroitin sulfate and glucosamine (yes the expensive supplements that everyone is using) extracted from the boiled down cartilage, can actually stimulate the growth of new collagen, repair damaged joints, arthritis, and reduce pain and inflammation.
- 4. Helps with the detoxification of your body:** The glycine found in the broth helps detoxify the liver and is necessary for the body to produce the powerful antioxidant, Glutathione.
- 5. Promotes healthy skin, hair and nails:** The collagen and gelatin in bone broth supports hair growth, skin regeneration and assists in keeping your nails strong. It will also help to reduce cellulite and stretch marks.

6. **Stronger bones:** The minerals such as phosphorus, magnesium, and calcium in the bones comes out and goes into the broth, leaving you with the essentials for maintaining healthy bones and generating energy.

7. **Sleep and feel better:** The amino acid glycine in bone broth has been shown in several studies to be very calming and to help people sleep better and improve memory.

Why Buy Bone Broth From Heritage Cattle Co. and Not From A Grocery Store?

We raise our animals the old fashioned way - free range, free of antibiotics and growth hormones. We can trace every animal on our farm from start to finish ensuring healthy, fresh, safe, natural beef. It is important to understand that bones from conventional factory farmed animals are very different to the nutrient dense bones from healthy grass fed animals.

Conventionally raised animals, confined to a small place that are fed a diet of genetically modified grains loaded with pesticides, herbicides, other chemicals and heavy metals should never be used for bone broth. The body naturally stores many toxins in the fatty portions of the bone and that is what you are consuming in the bone broth.

We can guarantee that our pasture-raised animals only eat grass and legumes, which means a rich nutritional value in the meat and the bone content. Our beef is 100% grass-fed.

Why Do We Add Organic Apple Cider Vinegar To Our Broth?

Adding an acid such as the apple cider vinegar helps extract the vitamins and minerals from the bones. We also roast the bones, which gives a rich flavor and colour to our broth.

What Can I Use Heritage Bone Broth For?

- Simply sip in a mug as a warm drink
- Soups and stews
- To make sauces and gravies
- To braise vegetables and meats
- To de-glaze a pan and so much more

ALL-NATURAL... IT'S SIMPLY REAL FOOD

List of natural ingredients we use in our broths:

- Filtered water
- Organic onions
- Organic carrots
- Organic celery
- Organic apple cider vinegar
- Organic tomato paste
- Sea salt
- Organic peppercorns
- Organic herbs
- Organic garlic
- Heritage beef bones

- * **No preservatives**
- * **No additives or MSG**
- * **No gluten**

- We use stainless steel utensils and pots to ensure no chemicals get into our broth.
- Bone broth can be stored in the refrigerator for no longer than a week
- Keep up to 6 months in the freezer
- **Simply heat and serve!**

How Do I Thaw My Broth?

The easiest way to thaw the broth is done by either leaving it in the fridge the night before use or by running some warm water over the container and heating in a pot on the stove. We strongly suggest you NOT microwave the broth as the nutrients could be destroyed.

DIFFERENCES BETWEEN BROTH, STOCK AND BONE BROTH

Broth or bouillon Is made with meat and can contain a small amount of bones. Broth is typically simmered for a short period of time (**45 minutes to 2 hours**). It is very light in flavor, thin in texture and rich in protein.

It may be served alone or used as the base for a light soup.

Stock Is made with bones and can contain a small amount of meat (think of the meat that adheres to a beef neck bone). The bones are roasted before simmering them as this simple technique greatly improves the flavor. Stock is typically simmered for a moderate amount of time (**2 to 8 hours**). Stock is rich in minerals and gelatin.

Stocks are not served, but are used in the kitchen to make soups, sauces and as an ingredient in other dishes.

Bone broth Is made with bones and can contain a small amount of meat adhering to the bones. As with stock, bones are roasted first to improve the flavor of the broth. Bone broths are simmered for a very long period of time (**MINIMUM of 24 hours**). This long cooking time helps to remove as many minerals and nutrients as possible from the bones. At the end of cooking, so many minerals have leached from the bones and into the broth that the bones crumble when pressed lightly between your thumb and forefinger.

Bone broths are very flavorful and healthy; they can be consumed right away in a cup or added to recipes.

References:

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Additional reading:

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