

Broth vs. Stock

What is the difference?

Stock has bones **broth** does not

Use **BROTH** for milder soups and **STOCK** for heartier soups

Grandma Knew Best

Science validates what our grandmothers knew. Rich homemade chicken broths help cure colds. Stock contains minerals in a form the body can absorb easily—not just calcium but also magnesium, phosphorus, silicon, sulphur and trace minerals. It contains the broken down material from cartilage and tendons--stuff like chondroitin sulphates and glucosamine, now sold as expensive supplements for arthritis and joint pain.

Fish stock, according to traditional lore, helps boys grow up into strong men, makes childbirth easy and cures fatigue. "Fish stock will cure anything," is another South American proverb. Soups made with

fish-heads and carcasses provide iodine and thyroid-strengthening substances

Attention to Detail

Broth uses only the meat. Stock begins with bones, some pieces of meat and fat, vegetables and good water. For beef and lamb stock, the meat and bones are browned first in a hot oven, forming compounds that give flavor and color--the result of a fusion of amino acids with sugars, called the Maillard reaction. Then all goes in the pot--meat, bones, fat, vegetables and water. The water should be cold, because slow heating helps bring out flavors. Some people add a teaspoon of vinegar to the stock to help extract calcium.

Heat the stock slowly and once the boil begins, reduce heat to its lowest point, so the stock just barely simmers. Scum will rise to the surface. This effluvium should be carefully removed with a spoon.

Two hours simmering is enough to extract flavors and gelatin from fish stock. Larger animals take longer--all day for stock made from chicken, turkey or duck and overnight for beef stock.

Stock should then be strained. Perfectionists will want to chill the stock to remove the fat. Stock will keep several days in the refrigerator or may be frozen.

Daring greatly means the courage to be vulnerable, it means to show up and be seen, to ask for what you need, to talk about how you're feeling, to have the hard conversations. - Brene Brown