

## Broth

### About Thai Bone Broth

Instead of the common western addition of carrots, onions, and celery, Thai broths use things like lemongrass, ginger, galangal, Chinese celery, shallots, garlic, cilantro and other ingredients commonly used in Thailand. This gives Thai broths a distinct Thai flavor.



These Thai spices make a great base for soups like the famous tom yum soups (*Tom yum or tom yam is a type of hot and sour Thai soup, usually cooked with shrimp. Tom yum has its origin in Thailand. The words "tom yam" are derived from two Thai words. Tom refers to the boiling process, while yam refers to a Thai spicy and sour salad*) as well as hundreds more broth-based soups.

Most Thai broths are simmered for about 1-4 hours, rather than the 12 - 24 hours in most Western bone broths. This shorter simmer time results in a fairly light and often times a clear broth (though not always) that is less gelatinous.

### Ingredients:

- 3-5 pounds poultry organic or hormone and antibiotic free pork or beef bones
- 2 stalks **lemongrass** outer layer removed, bruised and cut in 2-3 inch pieces
- 1 inch piece **galangal or ginger** sliced into rounds
- 4-5 cloves garlic
- 2-3 green onions, 1 onion or 2-3 shallots

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- 2-3 cilantro sprigs, whole with roots attached, if possible
- 1 teaspoon **whole black peppercorns** or white peppercorns
- 2-3 stalks Chinese celery, OK to sub regular celery

### Directions:

1. Place bones in stockpot, cover with water by about 1-2 inches, bring to a boil and skim scum that rises to the surface. Cover and reduce heat to a very gentle simmer and add everything else.
2. For chicken and pork simmer for 1-4 hours. For beef simmer for 2-4 hours.
3. Let broth cool for a few hours and strain bones and other ingredients and transfer to storage containers. Store in the fridge for up to 7 days and freeze whatever you won't use within a week.

### Additional Notes from Craig:

- Any Asian market should carry lemongrass. Or you can order online if you have trouble. [Fresh Lemon grass online](#) or [Fresh Lemon grass online at amazon](#)
- Cilantro roots are commonly used in Thai cuisine but are almost always trimmed off here in the west. No big deal. Just use regular cilantro with the stems attached.
- Chinese celery is similar to our typical celery but the stalks are a lot thinner. You'll find Chinese celery at Asian markets. It's totally fine to skip it or sub regular celery.
- Use black peppercorns for a little more zing in your broth. White peppercorns have a more floral, earthy flavor in comparison. Either one is fine and both are commonly used in Thai broths and soups. It's just a matter of preference.
- Careful with the ginger! Too much and it can overpower the broth.



# Craig Fear's Thai Bone

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Recipe & Photo courtesy: Craig Fear -Fearless Eating <https://fearlesseating.net/thai-bone-broth/> and Craig Fear's book <https://fearlesseating.net/thai-soup-secret/>