Sipping a cup of bone broth on a cold night is deeply satisfying. Bone broth is good in terms of taste and the useful vitamins, minerals, gelatin, and collagen it brings to our bodies. NomNomPaleo inspired me to look at bone broth, first with her recipe for slow cooker bone broth and then her own pressure cooker bone broth. I am sharing my recipe with you after making my third pot of bone broth. I think I have found the secret to good bone broth - canned anchovies! You might think anchovies an odd choice, but anchovies completely disappear when heated and leave behind a great salty, nutty flavor that adds depth to the bone broth.

After experimenting with including vegetables, I am now making my bone broth with bones, spices, anchovies, and water only. I have been making bone broth with whatever mix of bones I have in the freezer. After eating a meal, I save the bones in a 1-gallon freezer bag - chicken, beef, pork, lamb, turkey, etc. I don't sort my bones, so my flavor varies depending on the quantities of the different bones I have saved. I used my last bone recently, so may have to ask my butcher for bones to make my next pot of bone broth.

Prep and cook time: 75 minutes

Ingredient list:

- Enough bones to fill pressure cooker about half full
- 1 2-ounce can of anchovies
- 2 or 3 bay leaves
- 1 teaspoon of salt
- 1 teaspoon of garlic powder
- 1 teaspoon of red chili powder
- 1 teaspoon of ground coriander

Directions: Add bones to pressure cooker (mine are typically frozen). Add the anchovies, bay leaves, salt, garlic powder, red chili powder, and ground coriander and then fill the pot two-thirds full with water. Lock top on pressure cooker. Increase heat to high. After achieving high pressure, reduce heat to the lowest level consistent with maintaining high pressure. Cook under high pressure for 60 minutes. Turn off heat, allow pressure to come down naturally, and remove top. Pour contents of pot through a screen colander into a glass storage container. I typically have to use two containers to catch all the bone broth. After pouring out all the liquid, let the bones in the pressure cooker cool and then discard them.

Notes: You can heat bone broth up and drink it by the cup or use it in any recipe that calls for chicken or beef stock. Bone broth is good for almost a week in the refrigerator. If you haven't used it all inside of a week, throw out the leftovers. My wife doesn't share my enthusiasm for bone broth, and since I am making it in big batches, I can't always drink it all.
Thawing bones is not necessary before cooking in a pressure cooker. Bones thaw as the pressure cooker moves up to high pressure and cooking time is counted after high pressure is achieved. The bone broth might be ready after just 30 minutes, but I have been giving it 60.

I love my Kuhn Rikon Duromatic Top Pressure Cooker 7.4-Quart that I ordered from Amazon.com (check it out in my “Store.”) After reading a bunch of pressure cooker reviews, I decided to spend a little extra to get the one the New York Times described as the Mercedes-Benz of pressure cookers. Kuhn Rikon is a Swiss company. Pressure cookers are so popular in Switzerland that the average household has three!