Beef Bone Broth in the Instant Pot

Jacob · 30/09/2024



Prep Time

35 mins

Dificult

Medium

Servings

4 hrs 30 mins

Description

This Instant Pot beef bone broth is savory warm soothing and everything you would want Pepper coriander and cloves all shine adding warmth and depth of flavor but none overpower in any way Drink warm asis or use it as a base for soups stews etc The broth keeps in the freezer for up to 2 months

Ingredients

— - 3 pounds beef bones - 2 medium carrots

— roughly chopped - 1 medium yellow onion

— roughly chopped - 1 medium head garlic

— halved crosswise - 2 tablespoons apple cider vinegar - 2 fresh bay leaves - 8 cups water

— or more as needed to cover - 1 teaspoon whole black peppercorns - ½ teaspoon whole coriander seeds - 3 whole cloves - 1 ½ teaspoons kosher salt

Instructions

1. Preheat the oven to 450 degrees F (230 degrees C). Place beef bones on a large rimmed baking sheet. Bake in the preheated oven until bones are browned and charred in spots
2. about 40 minutes
3. turning once halfway through. Transfer bones to an 8-quart multi-functional pressure cooker (such as Instant Pot). Add carrots
4. onion
5. garlic
6. apple cider vinegar
7. and bay leaves; pour in enough water to cover. Select Sauté function and bring to a boil
8. uncovered
9. for about 20 minutes. Skim the top of liquid to remove any foamy bits and impurities; discard. Add peppercorns
10. coriander seeds
11. and cloves. Cancel Sauté function. Close and lock the lid. Select high pressure according to manufacturer's instructions and seal the steam release handle; set the timer for 2 hours. Allow 30 minutes for pressure to build. Release pressure using the natural-release method according to manufacturer's instructions
12. about 30 minutes. Release remaining pressure carefully using the quick-release method
13. 1 to 2 minutes. Unlock and remove the lid. Place a large fine-mesh strainer lined with cheesecloth over a large pot or 8-cup liquid measure. Remove and discard bones from broth
14. then pour into the prepared strainer. Press on solids until all liquid has drained. Discard solids; skim off any fat from surface
15. if needed
16. and stir salt into broth. Divide among glasses and serve hot or let cool to room temperature
17. about 45 minutes
18. then store in the refrigerator for up to 3 days. Recipe Tip Use beef bones
19. like oxtails
20. knuckles
21. neck bones
22. marrow bones
23. etc. If you can't find oxtail and marrow bones
24. ask your butcher.