

Meat Stock Chart

Protein	Chicken, Goose, or Duck	Turkey	Beef, Lamb, Pork, Bison, or Game	Fish
Amount	Whole or half bird Giblet or 3-4 lbs. necks, backs, or wings (or a combination)	About 2-3 lbs. thighs or legs (or a combination) Giblets or necks, backs, and wings	About 2-3 lbs. meaty joints, bones, or marrow bones Meaty soup bones or soup bones Shanks, meaty ribs, or marrow bones with a piece of meat on the bone	About 3 lbs. bones, fins, skins, and head

Vegetables (optional)	Carrots, onions, zucchini, all non-starchy, and non-fibrous vegetables
Water	3-4 quarts to cover by 1 - 2 inches. The meat in the Dutch oven and the size of the Dutch oven determine the amount of water.
Spices	1 teaspoon black peppercorns and good quality sea or Himalayan salt
Type of Pot	5-6 quart Dutch oven, covered preferred, but can use a crockpot

Time	Chicken, Goose, or Duck	Turkey	Beef, Lamb, Pork, Bison, or Game	Fish
	Stove or oven: 1-1/2 – 3 hours simmered on the stove or cooked in 300° F oven, covered	Stove or oven: 2-1/2 – 3-1/2 hours simmered on stove or cooked in 300° F oven, covered	Stove or oven: 3 – 6 hours simmered on stove or cooked in 300° F oven, covered	Stove or oven: 1 – 1-1/2 hours simmered on stove or cooked in 300° F oven, covered
	Crockpot: 1 hour on high, then 6 hours on low	Crockpot: 1 hour on high, then 8 hours on low	Crockpot: Beef, Pork, Bison, or Game – 2 hours on high, then 8 hours on low Lamb – 2 hours on high, then 6 hours on low	Crockpot: 1 hour on high, then 1 hour on low

Eat the meat, tendons, fat, and the vegetables if you used them (vegetables are discarded when making broth).