



BONE MARROW RECIPES

Recipes by Sally Fallon Morrell/Weston Price, DDS
Compliments of Dr. Donna F. Smith

Table of Contents

A WORD FROM DR. SMITH	2
BONE MARROW - INTRODUCTION	3
Nutrient Value of Bone Marrow.....	4
Bone Marrow Recipes Impact on Leukemia	4
BONE MARROW PREPARATION	6
RECIPES.....	7
Bone Marrow Custard.....	7
Steak Tartare with Bone Marrow	7
Tomato Marrow Soup	8
Marrow Pasties.....	9
HELPFUL HINTS.....	10
Where to Buy Bone Marrow?.....	10
Recipe Adjustments.....	10
Cookbook – “Nourishing Traditions”	10
Recipe - Variations	11
Bone Marrow Videos (Web Links)	12
DISCLAIMER.....	12

CHILDHOOD MEMORIES

I have childhood memories of my mother, grandmother and great-grandmother asking the butcher for left-over bones that had been removed, so the butcher could display “boneless” cuts of meat and poultry. In those days, bones were free for the asking. We also made sure we had some good bones to take to Candy, our family dog. Thanksgiving’s Day always seemed to bring an exclamation of delight about what can be done with those big Turkey bones.

Within the week, I would be drawn to the kitchen by the aroma from a big pot on the stove, simmering and releasing the nutrients from the bones or a stew of vegetables around them, depending upon their stage of preparation.

I understood that the bones had minerals and enhanced the flavor of the stew, but I don’t remember anything being said about the bone marrow. (Either they did not know of the other benefits of bones or thought it best not to share that information with me and the rest of the family.)



BONE MARROW RECIPES

Recipes by Sally Fallon Morrell/Weston Price, DDS
Compliments of Dr. Donna F. Smith

A WORD FROM DR. SMITH

The recipes and information in this document are from an article titled, “Bone Marrow” by Sally Morell that appeared in *Wise Traditions in Food, Farming and the Healing Arts*, the quarterly magazine of the Weston A. Price Foundation, Summer, 2007.

For our purposes, I have excerpted the key information from the article to help you understand the importance of preparing and consuming bone marrow recipes on a weekly basis to support repair and healthy growth of bone, connective tissue, cartilage and synovial lining and production of synovial fluid and to prevent their health conditions and diseases..

Most people are aware of what it means when the pads between their brakes are so worn that the mechanic states the vehicle is metal-on-metal and the pads need replacing. Worn down pads is like having no pads, without which the braking system does not function safely or effectively and when you press on the brakes to stop the vehicle, you can even hear the loud screeching impact of the metal on metal.

Similarly in respect to human joints, you may know people who have been told by their chiropractor or physician that their joints are bone-on-bone. This means they no longer have the synovial lining and fluid in the synovial cavity or the articular cartilage in between one or more joints. These are the parts in between joints that cushion the bones so they do not touch each other in movement and also act like shock absorbers. Without them, in time, the constant abrasion or impact of bone-on-bone will wear the structure of the bones down, which weakens the bones, leading to breaking or shattering, and the impact of bone-on-bone can cause pain, no matter how slight the impact.

If I have recommended this article and recipes to you, then either this currently applies to you, too, or it is important for you to begin using these recipes to prevent this occurrence. You may have also been provided Clinical Nutrition Therapy to provide specific clinically-formulated nutrients the body requires for these areas of the body, so weekly consumption of these recipes will help you sustain the optimal healing you attain through therapy.

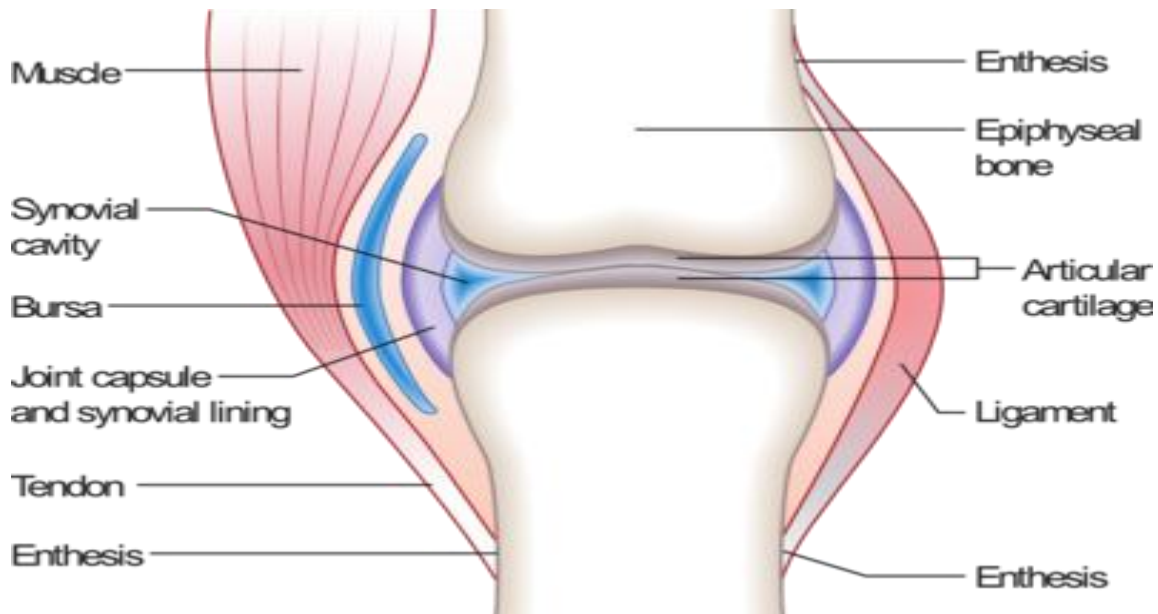
Below is a diagram showing what is in between joints.



BONE MARROW RECIPES

Recipes by Sally Fallon Morrell/Weston Price, DDS
Compliments of Dr. Donna F. Smith

DIAGRAM OF A JOINT



BONE MARROW - INTRODUCTION

Traditional peoples who consumed large animals did not ignore the marrow hidden away in the bones; in fact, they valued the marrow as an extremely nutritious food...

A search of the Internet reveals bone marrow recipes described with great affection by epicures in France, Ireland, the Philippines, and Korea. Cultures such as the Native American or Mongolian might have eaten the marrow raw—which can be extracted in one long, cohesive cylindrical piece with a well-placed tap on a femur bone. In gourmet cooking, marrow shows up as a garnish for beef tenderloin served with an intricate reduction sauce. Medieval recipes include meat pasties stuffed with sweetened bone marrow and quinces stuffed with marrow!

Some the culinary preparations and traditions of our ancestors did not continue after the introduction of the industrial age in the 20th Century, when the public began consuming more “packaged” and “processed” foods, so you may not be aware of **Bone Broths** and/or **Bone Marrow Recipes and Soups**.



BONE MARROW RECIPES

Recipes by Sally Fallon Morrell/Weston Price, DDS
Compliments of Dr. Donna F. Smith

Nutrient Value of Bone Marrow

Some of the nutritive qualities of bone marrow are:

- Minerals: Iron, Phosphorus
- Vitamins A, Vitamin B1 and B3, rich in Vitamin K; and other Fat-soluble nutrients.
- Some commentators insist that bone marrow provided a rich source of **polyunsaturated fatty acids** in traditional diets but the explorer Vilhjalmur Stefansson describes two types of marrow,
 - one type from the lower leg which is soft "more like a particularly delicious cream in flavor" and
 - another from the humerus and femur that is "hard and tallow at room temperatures" (The Fat of the Land, page 27).
 - One Nutrient Analysis of raw caribou bone marrow posted that bone marrow is 97 percent fat.
- Contains alkyglycerols, the active ingredient that normalizes white blood count production. Human breast milk is 10 times higher in alkyglycerols than cow's milk.

Bone Marrow Recipes Impact on Leukemia

The normal bone marrow architecture can be displaced by malignancies, aplastic anemia, or infections such as tuberculosis, leading to a decrease in the production of blood cells and blood platelets. In addition, cancers of the hematologic progenitor cells in the bone marrow can arise; these are the leukemias.

Exposure to radiation or chemotherapy will kill many of the rapidly dividing cells of the bone marrow, and will therefore result in a depressed immune system. Many of the symptoms of radiation sickness are due to damage to the bone marrow cells.

Leukemia and other bone marrow diseases are widespread today. The **Life Extension Foundation** website describes the work of a Dr. Brohult, a Swedish oncologist working with leukemia patients in a children's hospital. "In her effort to stimulate her patients' bone marrow to resume normal function, Dr. Brohult administered calves' marrow to the children in her care... Dr. Brohult reasoned that healthy bone marrow from calves might trigger a resumption of healthy function in humans. "Her hope... paid off. Although the results were inconsistent, some of her patients quickly experienced remarkable improvements, including a normalization of white blood cell counts and a striking return of energy." (LE Magazine, 08/2005)



BONE MARROW RECIPES

Recipes by Sally Fallon Morrell/Weston Price, DDS

Compliments of Dr. Donna F. Smith

My educated guess, regarding inconsistencies, is the difference between the children who did and those who did not have deficiencies in specific minerals, vitamins and other nutrients responsible for bone marrow metabolism.

For example, the public has been led to believe by the medical industry that if they have sufficient Calcium they can prevent osteoporosis. However, Calcium is only one of a number of minerals, vitamins, as well as male and female hormones, that must also be sufficient to prevent osteoporosis.

Because of this pro-Calcium advice from physicians, who are not trained in nutritional biochemistry, we now have a population of people taking excessive amounts of synthetic and isolated forms of calcium, leading them right into a myriad of musculo-skeletal weaknesses, conditions, and diseases, including osteopenia and osteoporosis. ***This, also, include deficient bone marrow production***, another important reason for using these recipes.

Parents in Scandinavia have long-served bone-marrow soup to their children in winter, in the belief that it builds strength.

This relatively easy dietary practice of weekly consumption of bone soups and bone marrow recipes are quite foundational for healthy living, which promotes a strong:

- Immune system,
- Musculo-skeletal system, including the tissue in, around and between bones and joints.



BONE MARROW RECIPES

Recipes by Sally Fallon Morrell/Weston Price, DDS
Compliments of Dr. Donna F. Smith

BONE MARROW PREPARATION

European chefs recommend:

1. Soaking the marrow bones (cut 2-3 inches in length) in cold water, changed several times, for 12-24 hours.
2. This process makes the marrow turn a pale creamy pink color instead of the unappetizing grey.
3. After the soaking, cover the bones with cold water, and bring slowly to a boil and barely simmer for about 20 minutes.
4. Scoop the cylinder of marrow out with the handle of a small spoon.
5. You can then slice the marrow and use it as a garnish on meat, add it to blended soups, use in the recipes in this article or mash with a little pink salt and feed to yourself, your toddler and other children.

At the end of this article are a couple of links to webpages that have a number of videos on cooking with bone marrow.

From the videos, you will learn other ways to prepare bone marrow for recipes and get more bone marrow recipe ideas.



BONE MARROW RECIPES

Recipes by Sally Fallon Morrell/Weston Price, DDS
Compliments of Dr. Donna F. Smith

RECIPES

Bone Marrow Custard

Serves 4

- 1 cup heavy cream
- 2 ounces bone marrow
- 2 egg yolks
- 1 whole egg
- sea salt and pepper to taste

Prepare the marrow as above, so it is a pale color, not grey. Blend cream, marrow and eggs and season to taste. Pour into four small buttered ramekins, place in hot water and bake at 300 degrees for about 20 minutes or until the custard is set. Let cool and unmold. Serve as an accompaniment to meat.

Steak Tartare with Bone Marrow

Serves 8

About 4 ounces bone marrow, prepared as above, cut into 1/2-inch slices.

- 1 pound ground fatty beef
- 2 teaspoons capers, drained, dried and chopped
- 2 shallots, peeled and finely chopped
- 1 tablespoon parsley, finely chopped
- 1/2 teaspoon Asian fish sauce
- 1 egg
- sea salt and pepper to taste
- dash cayenne pepper
- 8 thin slices sourdough bread, crusts removed
- about 6 tablespoons olive oil or lard



BONE MARROW RECIPES

Recipes by Sally Fallon Morrell/Weston Price, DDS

Compliments of Dr. Donna F. Smith

This delicious recipe is adapted from a recipe by Richard Corrigan posted at www.bbc.co.uk/food./recipes.

Mix beef, capers, shallots, parsley, egg and fish sauce and season to taste. Sauté bread slices on both sides in lard or olive oil over medium heat. Remove from pan and quickly sauté marrow slices. Spread sautéed bread with steak tartare and top with marrow slice.

Tomato Marrow Soup

Serves 8

- 4 ounces bone marrow
- 6 fresh tomatoes, seeded, peeled and chopped
- 3 tablespoons butter or ghee
- 2 medium onions, sliced
- 1/2 cup white wine or vermouth
- 6-8 cups beef stock
- sea salt and pepper to taste
- pinch cayenne pepper
- about 1 cup cultured cream

Use the marrow from the bones used to make stock for this delicious soup—the red of the tomatoes will cover up any grey.

Sauté onions gently in melted butter, until very limp, and golden brown. Add the tomatoes and sauté over medium heat, stirring occasionally until all liquid has evaporated. Add wine or vermouth and boil down slightly. Add beef broth and marrow and bring to a simmer. Skim off any scum that may rise to the surface and simmer about 15 minutes. Blend with a handheld blender. Season to taste and serve with cultured cream.



BONE MARROW RECIPES

Recipes by Sally Fallon Morrell/Weston Price, DDS
Compliments of Dr. Donna F. Smith

Marrow Pasties

Makes 6

- 3 ounces bone marrow
- 1/2 cup Rapadura or maple sugar
- 2 tablespoons currants
- 1 teaspoon cinnamon
- 2 egg yolks
- about 1 cup yoghurt dough (page 485 in Nourishing Traditions)
- 2 tablespoons melted butter
- 1 tablespoon Rapadura or maple sugar

This unusual recipe comes from a medieval Dutch cookbook. The pasties—called by the wonderful name of sluberkens—were typically served as a first course; modern tastes might prefer them for dessert.

Combine marrow with Rapadura or maple sugar, egg yolks and cinnamon. Stir in currants. Roll dough into six thin 5-inch rounds and place a spoonful of filling into each. Fold over and pinch edges. Brush each with butter and sprinkle with Rapadura or maple sugar. Bake at 350 degrees for about 20 minutes.



BONE MARROW RECIPES

Recipes by Sally Fallon Morrell/Weston Price, DDS
Compliments of Dr. Donna F. Smith

HELPFUL HINTS

Where to Buy Bone Marrow?

Some suggestions (from Free-Range Animals, preferred)

1. Ask your local butcher.
2. Whole Foods Stores – they can order it for you if they do not have any in stock.
3. Health Food or Online Stores.
4. Ethic Stores – Asian or Mexican

Recipe Adjustments

The recipes have not been edited, so please follow these guidelines when using recipes:

1. Use organic raw butter, not ghee.
2. Use Olive Oil, not lard.
3. If you do not have Sally Fallon Morell's "**Nourishing Traditions**" cookbook for her yoghurt recipe, are not following my article or one of your own to make healthy yoghurt, use the GREEK Plain Yoghurt.
4. When cream is recommended, use only whole 100% cream from free-range animals. You can experiment with cow or goat's milk cream to see which you like best. Cream is healthy because it is a fermented product. Do not use fat free, low-fat or 2% fat, etc., it must be 100% whole cream.

Cookbook – “Nourishing Traditions”

“Nourishing Traditions” Cookbook by Sally Fallon Morell



BONE MARROW RECIPES

Recipes by Sally Fallon Morrell/Weston Price, DDS

Compliments of Dr. Donna F. Smith

By the way, this is an excellent cookbook, one that I use and recommend to clients. In fact, it is one of my favorites. Like any dietary or clinical nutrition – related book, which includes cookbooks, I rarely find one that I agree 100% with every word published.

However, there are only a few changes I would make in this cookbook, that is how good it is, and if you have completed my **Personal Education Program (PEP) – Dietary, Lifestyle and Mind-Body Connection Series**, you will be able recognize those few parts and can edit your own copy to make it 100% accurate according to the principles of biochemistry.

Recipe - Variations

Using these recipes or using bone marrow in any soup is certainly a simply way to consume bone marrow. However, if you want some variety or other ways to eat it, here are some tips. Also, if you have never prepared a bone marrow recipe before or even seen bone marrow, like anything new, sometimes it is not love at first sight or smell, so these tips can help you here, also.

Variations

1. If you are making beef broth** using marrow bones:
 - a. remove the marrow from the bones when the broth or stew is ready and
 - b. spread on toasted sourdough bread,
 - c. it spreads like butter;
 - d. in fact, it is spreadable even when very hot (must be those alkyglycerols!).
 - e. Then sprinkle generously with Pink Salt and cover with finely sliced onions and capers—you'll be eating something very delicious while feasting your eyes on white (or red) onions and green capers.
 - f. This can be served as an hors d'oeuvre before the main course. (Note: to prepare capers, rinse off all vinegar and then thoroughly pat dry.)
 - g. ** or beef shank stew or Osso Buco (Italian-style veal shanks),



BONE MARROW RECIPES

Recipes by Sally Fallon Morrell/Weston Price, DDS
Compliments of Dr. Donna F. Smith

-
2. Another wonderful garnish is chopped parsley mixed with capers, thinly sliced onion, olive oil and lemon juice.
 3. If you do not like the looks of bone marrow, another solution is to simply spread marrow on toast and cover it up with some other food to make a sandwich.

Bone Marrow Videos (Web Links)

You will learn a lot from these helpful videos on using Bone Marrow.

1. Marrow Bones - <http://www.traditional-foods.com/profiles/marrow-bones/>
2. Bone Broth – 12 Days of Gelatin - <http://www.traditional-foods.com/bone-broth/>

DISCLAIMER

Information is provided for nutritional education purposes only and not for the diagnosis or treatment of any medical condition, disorder or disease. Present laws indicate that the author must advise you to seek medical attention for your disease, if you have one. Choosing to do so, or not, is your constitutional right and you are ultimately the only person who is responsible for any decisions, risks or actions you take regarding the care of your mind and body. This author's intention is to provide health care education from a nutritional biochemical perspective so you are equipped to make an informed decision.