THE BASE LINE

SPICE MIX
- Paprika
- Cinnamon
- Turmeric
- Ground rosemary
- Ground pepper

BEEF BONE BASE / SAVORY / TANGY / SALT TO TASTE / 2 HOURS MIN STEW TIME

ON BOARD
- 1 yellow onion › sliced
- 1 lime › sliced four ways
- 1 chili pepper
- Sprig of fresh mint
- Sprig of fresh thyme

IN POT
- 2 tablespoons of olive oil
- 1 tablespoon of chili oil
- 1 clove of garlic › chopped
- 2 cups of fresh water

ON DECK
- Beef bones
- 1 tablespoon of chili oil
- 1 clove of garlic › chopped
- 5 cups of fresh water
- Half a red pepper › sliced
- Half of a lemon
- A tablespoon of peppercorns

ACTION ›››

1. Prep ON BOARD
2. Add ON BOARD to saucepan and saute
3. Start IN POT contents on medium heat
4. Once sauteed ON BOARD contents are crispy on edges, add to pot
5. Cover chicken thighs IN POT with SPICE MIX
6. Bring IN POT contents to a boil for ~15 minutes
7. Add 2 cups of ON DECK water to IN POT contents, and lower heat to medium level for 45 minutes
8. Add remaining 5 cups of ON DECK water and contents to IN POT
9. Stir and lower stovetop heat to a simmer
10. Cover and stew for at least *two hours*
11. *OPTIONAL:* Add any additional desired vegetables, then continue to stew for *an hour*
12. Sip your broth hot or cold - from the pot, a mug, or a bowl

SIP + RESET + REST + REPEAT

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