

# Broth is the Next Health Food Trend. Seriously.

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## But is it really food?

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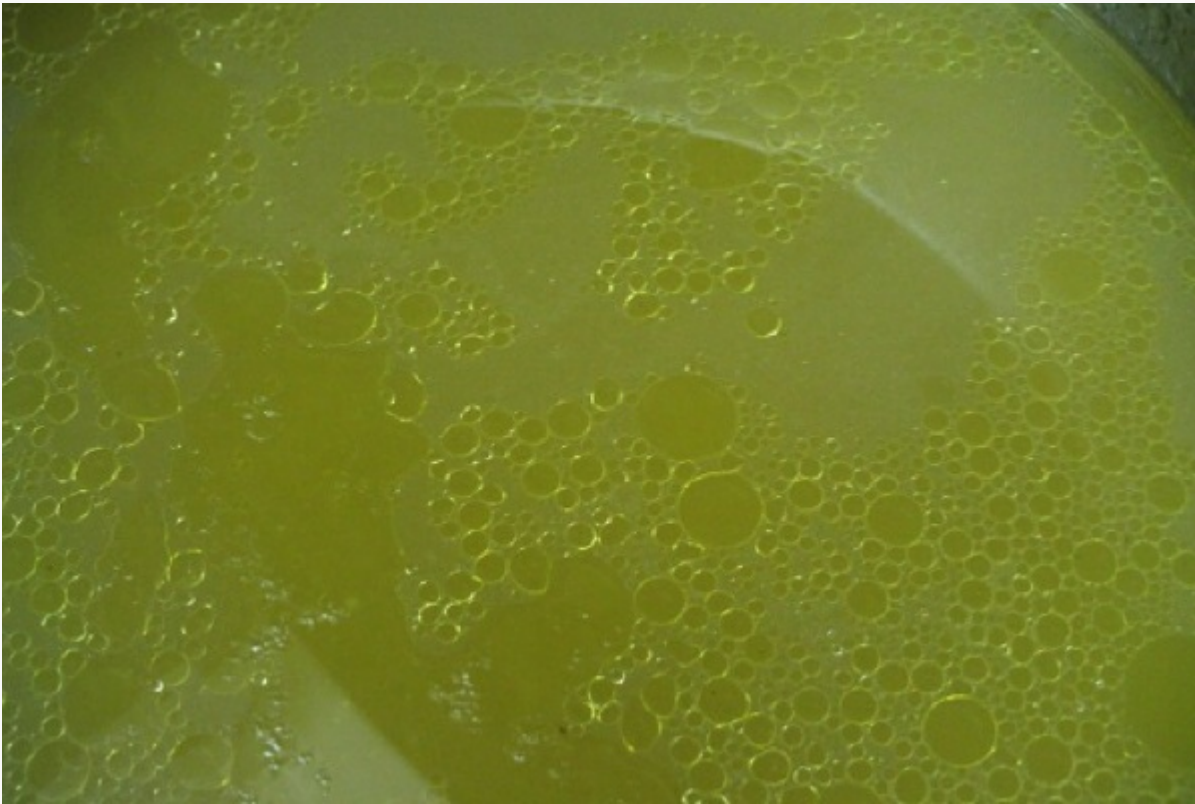


A new kind of soup is making the rounds touting its health benefits: bone broth.

This liquid that generally constitutes the base for soups is itself nothing new. Selling it as a stand-alone beverage is.

At the forefront of the fad is [Brodo](#), which recently opened in New York City with the motto “rethink your hot beverage.” Using a walk-up window and to-go cups, Brodo offers three broths including gingered broth from New York grass-fed cows, organic chicken broth using Amish chickens, and hearth broth, combining chicken, turkey and beef meat broths.

Brodo, the Italian word for broth, opened in November to a surprising amount of interest. Brodo serves more than 200 a day at \$4-9 a paper cup, not including 75 cent add-ins like freshly grated turmeric, shiitake mushroom tea, fermented beet juice or Calabrian chili oil. They now have enough customers that they needed to buy a second stove.



*Bone broth is thought to be a healthy addition to the diet*

The broth-to-go concept is courtesy of celebrity chef Marco Canora, who highlights the health benefits he personally experiences drinking it in his writings. He claims that broth has helped him maintain a healthy intestine (previously he had issues), and that it's helped him manage his depression. Granted, by his own admission, prior to drinking broth on a regular basis, he was a heavy alcohol and coffee drinker, smoker and poor eater. But even if you don't buy the health claims (who hasn't heard about the healing powers of chicken soup?), he says that broth is a warm, comforting delicious drink.

While Manhattan rental space is a high ticket item, Canora sells his offerings from an unused pastry door at [Hearth](#), his East Village restaurant, six days a week, seven and a half hours a day.

For Canora's broth, the meat is first roasted, and then boiled for more than 24 hours. He might add in canned tomatoes and *mirepoix*, a French word for the mixture of chopped carrots, onions and celery.

While you won't find any other Manhattan restaurants serving just broth in to-go containers, lots of places have started adding broth to the menu.

The most numerous broth joints just might be ramen shops, where broth meat bases are usually chicken, pork and, less often, beef. Non-bone broths might include mushrooms or miso.

[Ganso](#), a Japanese ramen restaurant in Brooklyn, serves its \$14 ramen in "*mannen*" stock. This is a concentrated chicken stock that's used much like a sourdough starter. Fresh broth is added into the existing stock, to add flavor and depth.

Moving up the price scale, those willing to splurge for a \$225 tasting menu at [Eleven Madison Park](#) might get a serving of duck broth as one of the courses, poured from a silver tea pot.

If the concept sounds good to you but the East Village isn't in your path, aficionados recommend that homemade is the way to go. Plus grocery store broths are animal-based products that are shelf stable at room temperature.

Canora's new book [A Good Food Day](#) has his chicken broth recipe.

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