

NUTRITIOUS BONE BROTH

Ingredients:

- 3-4 kgs beef marrow and knuckle bones (organic or grass fed if you can) OR 1 whole organic free range chicken.
- ½ cup raw apple cider vinegar
- 3 celery stalks, halved
- 3 carrots, halved
- 3 onions, quartered
- Handful of fresh parsley
- 1 tsp Turmeric powder
- Sea salt

Method:

FOR BEEF:

1. Place bones in a pot or a crockpot, add apple cider vinegar and enough cold water to cover the bones by about 5cm.
2. Let the mixture sit for 1 hour so the vinegar can leach the mineral out of the bones.
3. Add more water if needed to cover the bones.
4. Then follow on with instructions below.

FOR CHICKEN:

1. Poach the whole chicken in water first to cook the meat. Pull most of the meat off the bones and keep for another meal.
2. Then put the chicken back into the same water with the apple cider vinegar and let sit for 1 hour so the minerals can leach out of the bones.
3. Then follow on with instructions below.

CONTINUED INSTRUCTIONS FOR EITHER:

5. Add the rest of the ingredients (veggies and spices) and bring to a boil. Skim the foam from the top and discard (keep skimming the foam if there is a lot).
6. Reduce to a low simmer, cover, and cook for 24-72 hours (if you're not comfortable leaving the pot to simmer overnight, turn off the heat and let it sit overnight, then turn it back on and let simmer all day the next day).
 - ***Chicken Broth leave at least 6 hours***
 - ***Beef or Lamb Broth at least 12 hours if possible. As long as possible really!***
7. During the last 10 minutes of cooking, throw in a handful of fresh parsley and/or Coriander for added flavour and minerals.
8. Let the broth cool and strain it, making sure all marrow is knocked out of the marrow bones and into the broth.
9. Add sea salt to taste. Store the liquid batch in the fridge (it will last up to 7 days). Drink 200mls per day as your Bone Broth.

TIP: Can freeze the liquid in portions for up to 6 months.

Great to use as a stock base for soups or stews.