



Bone Broth

Bone broth has been used for centuries to heal and restore, and it was, and is, a great way of using up all the leftover bits! It is also, of course, beloved of chefs and home cooks alike. Its healing qualities perhaps need to be shouted from the roof tops a little more! I made my first batch after reading about its ability to cure leaky gut, but there is so much more to it: A good batch of bone broth can, amongst other things:

- o Treat leaky gut syndrome
- o Generally, improve your digestion
- o Maintain healthy skin
- o Protect your joints
- o Boost immune system

Ingredients

- 2 kgs of beef bones
- Water to cover
- 2 Tbsp apple cider vinegar
- 1 medium onion, roughly diced
- 1 1/2 cups chopped carrots
- 1 1/2 cups parsnips
- 4 bay leave
- Head of garlic
- 1 tbsp of peppercorns
- 1-inch knob of ginger (optional)
- 1 Tbsp of turmeric root (optional)

Method

1. Preheat oven to 250 °c and line a baking sheet with foil. Place the bones on the baking sheet and roast for 40 minutes. No need to add oil
2. Take the bones out of the oven and place into a large stockpot. cover with water. At this stage add the vinegar and allow to sit at room temperature for about 30 minutes. This leeches more of the essential nutrients and vitamins from the bones
3. Chop the vegetables and add to the stockpot. Bring to a boil and then turn to the lowest heat you can get.
4. Simmer for 48 hours, (if you dare). You can always turn it off and on again.
5. When it is cool drain the meat bones and veg. Transfer the broth to an airtight container and refrigerate. Leave overnight. You'll notice the broth has turned from liquid to jelly and has a layer of fat on the top. Scrape this off.
6. I store this in kilner jars in the fridge. You can freeze it.