

Bone Broth

Bone broth is delicious and extremely nutritious. It is full of easily digestible vitamins, minerals, amino acids (protein), fats, gelatin and glucosamine, all of which are essential to healing to the gut and soothing the digestive tract. The good fats in the broth also help with Vitamin D absorption, plus the collagen, keratin, vitamins and minerals are amazing for your hair, nails and skin – it's even reported to smooth cellulite!

Aim for animal produce of the best quality you can source; organic/naturally reared, grass-fed/ non GMO-feed, hormone-free etc. It's worth enquiring at your local butchers about purchasing the carcasses/bones from deboned meat – often they're cheap, if not free.

INGREDIENTS:

- 1-2 chicken carcasses / approx 2kg of bones.
- 3 litres water
- 2 tbsp apple cider vinegar or a good squeeze of lemon juice
- 2 tsp sea salt
- 1 tsp black pepper corns

Optional:

- 2-3 bay leaves
- 1 medium onion roughly chopped (no need to peel if organic)
- 2 celery sticks roughly chopped**
- 1-2 carrots roughly chopped (no need to peel if organic)
- Fresh herbs of choice / garlic (I only add these occasionally).

METHOD 1: HOB

1. Place all ingredients in a large casserole with heavy lid.
2. Cover with water. The water level should be well above the bones.
3. Put lid on and bring to the boil.
4. Reduce heat to a very gentle simmer.
5. Simmer for a minimum of 6 hours (chicken) and 12 hours (beef).
6. Skim off any impurities – frothy/foamy layer with a big spoon and discard.
7. Once cooked, strain through a sieve/fine mesh strainer. If not using straight away, separate into ready-to-use portions in glass/BPA-free containers, and store in the fridge for a few days or freeze for later use.

METHOD 2: SLOW COOKER

1. Place all ingredients into the slow cooker.
2. Cover with water. The water level should be well above the bones.
3. Secure lid and cook on high for at least 12 hours (chicken) up to 24 hours (beef).
4. Skim off any impurities – frothy/foamy layer with a big spoon and discard.
5. Once cooked, strain through a sieve/fine mesh strainer. If not using straight away, separate into ready-to-use portions in glass/BPA-free containers, and store in the fridge for a few days or freeze for later use.