



BONE BROTH

Next time you have a roast, or just chicken drumsticks/thighs or chops, this is a brilliant way of getting maximum use and nutrition from your food. This provides easily absorbed minerals. Broth also contains constituents to support bone and connective tissue and is very soothing for an inflamed gut. It is extremely versatile and can be used in soups, stews and curries to add nutrients and flavour. Open your kitchen window as it cooks as it can perfume the whole house.

Ingredients:

Bones from either poultry, beef, lamb, game.

- Use cooked bones (eg. carcass from roast chicken), with/without meat.
- Or use raw bones, with/without meat.

Vegetables

- Onions, carrots, stick of celery, optional cloves of garlic, parsley

Other

- Water
- About 1 – 2 tablespoons of vinegar depending on how much you are making.

Put bones in pan and cover with water. Add vinegar and allow this to sit for about an hour to help release minerals from the bone.

Bring slowly to boil, skimming off any frothy scum that rises to the surface, and then turn heat down to simmer, lid on. Add vegetables (you choose quantity).

Simmer 12 - 24 hours – the longer the better. This does not have to be continuous: if you don't want to leave it cooking overnight, just turn it off and leave it until morning when you can start it up again by bringing it back to the boil again and then simmering for another few hours.

Just before the end of cooking, the bones should be dissolving and you can bash them about a bit to release the bone marrow. Turn heat off and add garlic and parsley if using. Strain and cool thoroughly before refrigerating or freezing.

Bone broth will keep about 5 days. If you haven't used it all by then, just boil it up again for about 10 minutes, cool and refrigerate and keep as before.

Uses:

Use as a stock in soups, stews etc.

Bring to the boil and drink as a savoury beverage, adding a little salt if required.

Tips:

I like to add half to one teaspoon of Vecon paste to make a lovely, easy savoury drink.

You can keep the pan going for up to 72 hours by which time a lot of the bone may have completely dissolved. Just turn it down very low overnight, or simply turn it off at night and back on again in the morning. You can keep doing this for 4 – 5 days as long as you get it up to a boil again for a few minutes in the morning before turning it down again. You can siphon off some broth in the morning to have it as a drink at breakfast.

Making stock or broth can be a smelly process, but there are ways to get around this:

- Firstly, use pans with heavy, well-fitting lids
- I find adding vegetables makes it smell more like a delicious stew than a stockpot of bones
- The lower the simmer, the less steam escapes, especially with well-fitting lids, so there will be fewer aromatic vapours circulating around the kitchen.
- Get bones from your local butcher. Get organic ones in bulk from [Riverford Organics](#)
- Once strained, the broth can be reduced by boiling to a more concentrated form to take up less space in the freezer. Remember to add extra water when using it.