



Bone broth

What is bone broth?

- Bone broth is made by slowly simmering animal bones over several hours. This simmering action causes the bones and ligaments to release healing compounds such as gelatin, collagen and essential amino acids (glutamine, proline, glycine).
- It is one of the best sources of natural collagen which is the protein found in vertebrae animals (bones, skin, cartilage, ligaments, tendons and bone marrow).

Potential health benefits

- Regularly drinking bone broth has the potential to help protect joints, provide support for the gut, maintain healthy skin and support immune function.

How to make bone broth:

- You can make bone broth from animal comment alone, however some research suggests the combination of animal products and vegetables seemed to have a more beneficial effect.
- It is important to use all the parts, especially those that are not commonly found at the meat section of the supermarket such as feet and neck.
- If you are making beef or lamb broth you should brown the meat before putting it into a stock pot. Fish and poultry are fine to put in a pot without browning first.
- Adding some apple cider vinegar to your pot may help to draw the minerals from the bones.

Cooking instructions:

- Place the bones into a large stock pot and cover with water.
- Add two tablespoons of apple cider vinegar to water prior to cooking.
- Fill stock pot with water. Bring to a boil and then reduce heat to simmer for at least six hours.
- Cook on a low heat (e.g. in a slow cooker). Chicken bones should cook for 24 hours and beef bones for 48 hours. This time is necessary to fully extract the nutrients in and around the bone.
- After cooking, the broth will cool and a layer of fat will harden on top. This layer protects the broth beneath. Discard this layer only when you are about to eat the broth.

Home made chicken stock recipe:

1 chicken carcass

1 large onion chopped

2 carrots peeled and chopped

1 leek chopped (optional)

2 cloves of garlic chopped

2 bay leaves

Water (enough to fill the pot)

- Place the chicken carcass in a large pot and add the chopped vegetables
- Cover completely with water and bring to the boil and then simmer for a minimum of 7 hours (if you can do this in a slow cooker then leave it for 24 hours with plenty of water to prevent drying up)
- Leave to cool slightly then remove the bones and either use the stock as a broth or drain and store as a stock