



Bone Broth

When making bone broth I use bones I've previously cooked to make the meat stock as well as some fresh bones. It's a bit of a waste not, want not mentality and the previously cooked bones still have plenty of nutrients left in them.

It's important to ensure they're grass fed or organic and it's okay to use beef, lamb, venison or any other bones you have access to at the time. I tend to use mainly beef bones as I purchase a side of beef and get the bones as well.

Ingredients:

Filtered water

1 tablespoon Apple Cider Vinegar

6-12 peppercorns

1 -2 teaspoons Himalayan Rock Salt

2-3 Bay Leaves

Instructions:

When making bone broth I use my slow cooker as I leave it to cook on low for at least 48 hours which gives me great results.

Add all of the ingredients into the slow cooker and leave. I check it every 12-24 hours just to make sure the water hasn't gone down too much, if it has I'll top up slightly with a little bit of boiled water to make sure it doesn't dry out, otherwise you'll boil all the broth away.

Once you've finished, strain it and allow it to cool. I freeze the broth in small 200-300ml containers and add it to any dish I can to enhance the flavour and give you that extra nutritional boost.

When it cools it should almost be like jelly (sometimes I find it's more like a thick "car oil", seems to vary from batch to batch)