

# Bone broth for when you are feeling unwell



*How to Make Health-Boosting Bone Broth*

## **HOMEMADE CHICKEN BONE BROTH**

- 1 whole ORGANIC free-range chicken (raw or roasted leftovers) or 1kg of bony chicken parts, such as necks (very flavoursome), breastbones and wings
- 3-4 Litres cold filtered water
- 2 tablespoons vinegar
- 1 large onion, coarsely chopped
- 2 carrots, peeled and coarsely chopped
- 2 celery stalks, coarsely chopped
- 2 cloves garlic and 1 bunch parsley

1. Fill up a large stockpot (or large crockpot) with pure, filtered water.
2. Add vinegar and all vegetables except parsley to the water.
3. Place the chicken into the pot and let it sit for 30min before cooking (the vinegar draws the minerals out)
4. Bring to a boil, and remove any foam/scum that rises to the top. Keep removing these impurities throughout the first 2 hours of cooking
5. Reduce the heat to the lowest setting and let simmer.
6. If cooking a whole chicken, the meat should start separating from the bone after about 2 hours. Simply remove the chicken from the pot and separate the meat from the bones. Place the carcass back into the pot and continue simmering the bones for another 24 hours and follow with step 7 and 8.
7. Add the garlic about 30min before finishing and fresh parsley about 10 minutes before finishing the stock, as this will add healthy mineral ions to your broth.
8. Remove remaining bones from the broth with a slotted spoon and strain the rest through a strainer/ muslin cloth to remove any bone fragments.
9. Store in freezable containers after cooling down.

## **BEEF BONE BROTH or mixed bones from lamb, beef and chicken.**

Only use organic, grass-fed beef

Roast the bones in the oven (30min), then follow the recipe above and simmer for 48 hrs (top up with water if required)

### **Using a Pressure cooker**

- Cook for ½ hr without lid, then skim off the foam/scum
- Tighten lid and cook for 1hr

### **HOW TO USE:**

- Homemade Broth/Stock can be used as the liquid in making soups, stews, gravies, sauces, and reductions.
- It can also be used to saute or roast vegetables.
- Drink at least 1 cup per person per day as a health boost.
- My favorite way is to heat 1-2 cups broth with a little salt and sometimes whisk in an egg until cooked (makes a soup like egg-drop soup).
- In times of illness just drink bone broth until you start feeling better as it supports the body but is very easy to digest so the body's energy can go to healing.
- In cases of stomach bugs or vomiting, bone broth often calms the stomach very quickly and helps shorten the duration of the illness.

## WHAT IS BROTH?

Broth (or technically, stock) is a mineral rich infusion made by boiling bones of healthy animals with vegetables, herbs and spices.

Broth is a traditional food that your grandmother likely made often (and if not, your great-grandmother definitely did). Many societies around the world still consume broth regularly as it is a cheap and highly nutrient dense food.

### Besides it's amazing taste and culinary uses, broth:

- is an excellent source of minerals
- is known to boost the immune system (chicken soup when you are sick anyone?)
- improves digestion
- Its high calcium, magnesium, and phosphorus content make it great for bone and tooth health.
- Bone broth also supports joints, hair, skin, and nails due to its high collagen content.
- In fact, some even suggest that it helps eliminate cellulite as it supports smooth connective tissue.
- Broth is very high in the amino acids proline and glycine which are vital for healthy connective tissue
- improves allergies, immune health, brain health, and much more.
- can be a soothing and immune boosting drink during illness, even if the person doesn't feel like eating.



### A few tips for healthy eating:

- Eat and broths, soups, stews as they are very high in nutrients that will build the immune system and boost energy – cook and freeze plenty
- Eat plenty of protein – eggs, nut butters, hummus and protein powder (from practitioner) and fish for easily digested protein and minerals
- Eat plenty of: blackcurrants, berries, citrus fruits and kiwi fruit - rich in vitamin C and bioflavonoids.
- Medjool Dates for iron and dried fruits for energy (only 2-4 pieces daily)
- Oats for protein, B vitamins, calcium, potassium and magnesium.
- Root vegetables, broccoli, carrots for betacarotene.
- Garlic, cinnamon, sage, rosemary and thyme for their antiseptic and circulation stimulating properties
- Drink plenty of filtered water as well as soups and broths
- Avoid alcohol, coffee and caffeinated drinks, all sugar and sweets and all white, refined foods (eg white flour)
- Also avoid pork and veal as they are harder to digest