

Bone Broth



Ingredients:

- 1 Organic Whole Chicken leftover bones (or whatever bones you want to use)
- 2 x Onions
- 4 x Garlic Cloves
- 3 x large Carrots
- 2 x large Celery stalks
(any other veg you feel like throwing in such as leeks)
- 2 tbsp Apple Cider Vinegar
- Good quality Sea Salt/Pepper
- Any spices, herbs you want – turmeric is great for health
no stock cubes please!

Method:

- Cook & use / save the meat of the chicken
- Roughly chop the veg and throw in to the large pot with the chicken carcass & spices
- Cover with water and put a lid on, bring to the boil, then turn down to simmer for 3 hours plus. (keep checking to make sure its not too dry and if so, add more water. If there is a residue on the top, scrape off and throw away)
- When your time is up (and the longer the better), carefully remove the chicken and veggies (the veggies have no nutritional value or taste so are of little use).
- if you wish the liquid to be completely smooth, strain through a muslin cloth.