



Bone Broth

INGREDIENTS

- ☑ 1 Kg organic bones of choice
- ☑ 2 celery sticks
- ☑ 1 carrot
- ☑ 1 onion
- ☑ 1 bay leaf
- ☑ 2 cloves of garlic
- ☑ ¼ teaspoon Chinese five spice powder
- ☑ 10 cups filtered water (enough to completely submerge bones)
- ☑ 2 tablespoons apple cider vinegar
- ☑ ½ teaspoon finely ground sea salt



organic bones



carrot



apple cider vinegar

PROCESS

- ☑ Brown bones and vegetables in a pan, for a few minutes on a medium high heat.
- ☑ Transfer into a slow cooker and cover completely with filtered water and apple cider vinegar.
- ☑ Add salt and the Chinese 5 spice powder. Cook on low setting in the slow cooker for 24 hours, when the broth has reached a dark rich brown colour you will know it is ready. Strain the liquid from the bones and vegetables and season with salt and pepper. Allow to cool and store in empty tomato passata jars for easy use.
- ☑ Use as a base for risottos, soups, Pho and rice dishes or have as a gut healing snack
- ☑ If you haven't got a slow cooker, you can use a large soup pot, ensuring you keep the bones submerged with water and simmer on a low heat for 12- 24 hours



ADDITIONAL

Made in the Ladyship and a rich source of calcium, fiber and gut healing foods.