



BEAUTIFUL BROTH

Choose your cut of meat/chicken. It must be on the bone eg shanks, osso bucco, leg/shoulder of lamb/goat, whole chicken (if you have time cut up a whole chicken or at least cut through the meat to expose the joints) or you can do drumsticks/wings.

Put your meat of choice into a pot, add a good splash of apple cider vinegar and cover the meat with water. See note below

Bring the pot to a boil then reduce to a very slow simmer.

Some scum may rise to the surface so just skim it off with a mesh spoon. This is not vital, it can taste better and makes it more visually appealing to remove it.

Cover the pot and ensure it stays at a low simmer.

Once the meat is cooked and falling off the bone you are done. Chicken takes up to 2 hours and red meat approx. 3-4 hours.

Strain into a large jug or bowl and let cool to around room temperature.

Pour the liquid into glass jars – this is your meat broth.

You can drink this as is (add salt and flavouring if you didn't initially) or use it as a base for soups or to cook rice, vegetables, poach eggs etc

You can also pour the liquid into ice cube trays and freeze then pop out into containers or snap lock bags to use as needed.

Now you have the meat.

Separate the meat from the bones and package it up for the fridge or freezer.

The meat is good for using in soups or to eat with cooked vegetables and broth or in recipes that require cooked meat.

Separate what I call the 'gold'. Depending on the meat you use this will be chicken skin, gelatinous bits, marrow from tubular bones, fat and other soft tissue bits.

Puree them up with some of the broth to make a type of pate and add it to either your broth and/or when making various meals like meatballs, bolognaise, soups and even eggs to increase richness and nutrient density. You can also flavour it and eat it like you would pate on toast or crackers

Finally you have the bones.

For people who are generally well you can repeat the process just with the bones for more broth.

Take the bones and any hard cartilage and put them into a bag or container in the freezer to make bone broth at a later date.

This tends to be too strong for people with auto-immune conditions, some digestive issues, undergoing chemotherapy or generally fragile constitutions.

Note: You can add some fresh herbs and some salt with the chicken/meat if you like.

I prefer to leave it out as the cold/frozen broth is flavourless so can be used in smoothies, ice-cream, custard and other sweet dishes.