



Brilliant Bone Broth

20 servings. Ready in 240 min

Ingredients

Beef Stock Bones (knuckle, marrow, etc),
1 portion(s) (1000 g) Water, 5 Litres (5015 g)
Vinegar, cider, 4 tablespoons (60 g)
1 whole garlic bulb cut in half
2 inches chopped ginger
4 sticks celery
1 handful of fresh herbs
1 inch of fresh turmeric

Instructions/Preparation

Place the bones, water, apple cider vinegar and all the other ingredients in a soup saucepan and bring to a boil. Once boiling, reduce the heat and allow to simmer for at least 2 hours but for as long as 24-48 hours. The longer you leave the bones the better. After cooking allow the broth to cool, then sieve the bones out and enjoy the broth.

The broth can be heated once cooled and drunk by the mugful or added to stews, cottage pie, scrambled eggs, etc

Extra comments/notes

The beef bones can be replaced with chicken or lamb bones.