

Basic Bone Broth Recipe

Using bone broth as the basis for just about any soup – even very simple vegetable soups – not only enhances their nutritional value but takes the flavour to the next level. It also makes wonderful gravies and sauces. Bone broth isn't time consuming to make but it does have to simmer for a long time, so make it on a day when you'll be able to come back and check on it every so often.

Approx 1 kg organic soup bones

1 large carrot, scrubbed and roughly chopped

1 large stick of celery, scrubbed and roughly chopped

1 onion, roughly chopped (no need to peel it)

12 peppercorns

1tbsp sea salt

Water to cover

1 tbsp vinegar

1. Roast the bones in a hot oven 200°C/Gas Mk 6 for 30 minutes.
2. Remove from the oven and put into a large saucepan or stock pot. Cover with cold water and add the vinegar. Leave to soak for 20 minutes.
3. Add the vegetables, salt and peppercorns to the pot and bring to the boil. Boil briskly for 20 minutes, skimming any scum from the top of the water.
4. Reduce the heat to a very gentle simmer, cover and simmer for at least 8 hours or overnight (the longer the better).
5. Strain the liquid into a suitable container. Discard the bones and vegetables. Keep refrigerated, or freeze into usable portions.
6. Have as a hot drink, or use as a base for soups, stews and sauces.

This is a very basic recipe – you can add other ingredients as you wish, for example:

- sliced garlic
- ginger
- parsley or other herbs
- spices including cloves, caraway or fennel seeds

Organic soup bones can be found online – my favourite supplier is Graig Farm (www.graigfarm.co.uk) but there are others – google 'organic meat'.