

Slow cooker bone broth

Stop wasting money on cheaply made manufactured stocks and start saving with stock/broth made from real ingredients! Our grandparents knew the benefits of broth and included it in their diets regularly. They are super simple to make and cost next to nothing to make. Enjoy greater flavour and reap the benefits of collagen rich gelatin, trace minerals, Glycine, Proline and protein. All the while supporting your digestive health. What are you waiting for?....

Ingredients.

- 2-3 Bay leaves and a large handful of available fresh herbs.
- Head of garlic.
- 1 Tbsp of peppercorns.
- 2 Tbsp pink Himalayan salt.
- 2-3 Litres of filtered water.
- 10 Chicken necks or 5-6 wings.
- 4-5 pieces of beef bones, try to get necks or high cartilage and marrow.
- Vegetable scraps.
- 1 leek or 2 onions.
- 1/4 c Apple cider vinegar.

Method.

1. Pre heat oven to 220 C.
2. Prepare your vegetables by roughly chopping, leave the skins on everything. Pull out any scraps you've been keeping.
3. Place your beef bones into the oven and roast for about 30 mins or until nicely browned.
4. Get your slow cooker ready, I use a 5.5L, the larger the volume the better, for this purpose.
5. Place your bones and all other ingredients into the pot, rest for 30-45 mins before turning on. This allows the vinegar to pull some of the trace minerals out of the bones.
6. Switch on your slow cooker and cook on low for 24 hours, after this you can remove most of the liquid by ladling it into a large bowl with a sieve on the top to capture any ingredients.
7. Prepare some jars by warming them in the microwave for 2 mins or some hot water, just so they don't break when you pour the hot liquid in.

8. Fill your jars to within an inch from the top and place the lids on. Allow to cool before storing in the fridge for up to a week or freeze for up to 6 months.
9. Replace the water in your slow cooker, add another 1 Tbsp of salt and any extra scraps you may have and cook again for 12 hours on low. Repeat the process up to 3 or 4 times before discarding the ingredients and beginning fresh.

Notes.

Use in your next soup, simply cook your vegetables in it, use it as a replacement of any stock needed in a recipe, or simply drink a small cup every day for gut health.

Most vegetable scraps work well, I do try not to use any from the cruciferous family. Mushrooms add a really great flavour.

You don't need to roast your beef but it does add extra depth of flavour and a gorgeous colour to your broth.

Don't skim any of the fat off, it gives great flavour to your dishes when you use the broth, also pairing fat with your meals helps your body to absorb more nutrients from the food and slow down sugar absorption.

Always keep in mind to collect any roasted bones that you may have from your weekly cooking, and save them for when you're going to make a broth.