

## Bone Broth – Let's Beef This Up!

Bone broth isn't a new fad! It has been around for centuries. I remember my Gran boiling the carcass of the chicken from a Sunday dinner and making it into soup for the following day. It was absolutely delicious. We have in fact been drinking beef tea (read: a steeped mixture of cubed beef and water) since the Victorian era.

So let me explain...What is bone broth exactly and is it really good for you?

### What is bone broth?

Bone broth is an aromatic broth simmered with beef or poultry bones and vegetables, plus a little magic ingredient ...apple cider vinegar!

So, is it the same thing as stock? No. Bone broth needs longer to simmer. I do my bone broth in my slow cooker. It's so easy. The longer the liquid cooks, the more nutrients and minerals leach from the bones. Broths are made by simmering the bones (of an animal or fish) and some meat, usually after its been roasted, for around 24 hours, sometimes longer.

### How to make bone broth.

Making homemade bone broth is easy enough once you have the bones and bone broth recipe. I am lucky enough to have a great farm butcher locally as most supermarkets don't sell them. The best option is to use the bones from other dishes you've cooked, like [roast chicken, duck or turkey](#).

Place the bones in your pan or pot with whatever vegetables and herbs you have lying around. I use chopped carrot, chopped stalks of celery, an onion and [aromatic herbs](#) such as thyme, rosemary, parsley, or oregano. I then add in the magic ingredient – a good glug of apple cider vinegar (with the mother in it). The vinegar helps pull the nutrients out of the bones (you won't taste it so don't worry). Then season with some salt and pepper. Add some water to the top and simmer on low for at least 24 hours. Once it has cooled strain it through a strainer and let it cool.

A good bone broth usually has a layer of fat on top, so when it's cool remove that and throw it away. You are then left with your amazing and nutritious bone broth.

### Don't fret we have a plant-based version as well!

If you're vegan, you can still make a nutritious and gut-healing broth with this alternative recipe.

You will need the following ingredients:

- ♥ 1 tablespoon of coconut or extra virgin olive oil
- ♥ 1 red onion, quartered
- ♥ 1 garlic bulb, smashed
- ♥ 1 chilli pepper, roughly chopped with seeds
- ♥ 1 thumb-size piece of ginger

- ♥ 1 cup of greens - kale or spinach
- ♥ 3 to 4 cups of chopped vegetables and peelings – I use cabbage, leeks, celery, carrots and fresh mushrooms
- ♥ ½ cup dried Shiitake mushrooms
- ♥ 30g dried wakame seaweed
- ♥ 1 tablespoon of peppercorns
- ♥ 2 tablespoons turmeric
- ♥ 1 tablespoon coconut aminos – these can be very salty so taste before adding any additional salt
- ♥ 1 bunch of fresh coriander
  
- ♥ 1oz nutritional yeast flakes for extra flavour and vitamins

Add everything into a large pan and bring to the boil, then simmer for about an hour. Once everything has been cooked down, strain the liquid into a large bowl. You can either have this straight away with some fresh herbs, or you can freeze and use when required.

### How to use bone broth or vegan broth.

Now you have made your bone broth, you may be wondering what you can do with it.

If the idea of drinking it out of your favourite mug feels a little odd, don't worry. There are plenty of other ways to eat, drink, and use it.

- Use it when you are cooking grains. When cooking your favourite [grain, such as quinoa or couscous](#), use bone broth instead of water for added flavour and extra health benefits
- Freeze for later use. Pour bone broth into ice cube trays and freeze. You'll have individually portioned broth at the ready.
- Make soup. This is a great way to use bone broth. You can use the broth as a base for any soup.
- When making a stew, chilli, Bolognese or gravy you can either pop a few frozen cubes in to add some additional nutrients and flavour or use the bone broth you have made as the base.

### Where to buy bone broth.

If you don't feel like putting in all that effort to make your own bone broth, and I don't blame you, you can also buy it ready-made! There are more and more shops now offering up ready-made bone broth.

Keep an eye out for these bone broth brands:

- Best of The Bone 100% Australian Beef Bone concentrate (Buy It, [amazon.co.uk](https://www.amazon.co.uk))
- Osius Bone Broth (Buy It, [amazon.co.uk](https://www.amazon.co.uk))

- Kettle & Fire Bone Broth (Buy It, [amazon.co.uk](https://www.amazon.co.uk))
- Daylesford Bone Broth (Ocado and direct from [www.daylesford.com](https://www.daylesford.com))
- Nicola Charnock (Buy It, [cforganicwellness.com](https://cforganicwellness.com))

## **Eight amazing things that bone broth does for your body.**

Bone broth offers an amazing list of body-boosting benefits. For one, it's a great source of protein (about 6 grams per cup) and also contains minerals like calcium, phosphorous (good for bones and teeth), and potassium, which helps move nutrients into and waste out of cells. That's not all.

Here are some more benefits of bone broth:

**1. Heals and seals your gut.** A mug of bone broth a day can help with [leaky gut syndrome](#), but it's also good for protecting non-leaky guts. The gelatine in the bones typically used for making broth (such as knuckles, feet, and other joints) is said to help seal up holes in intestines (people who have leaky gut syndrome have a porous intestinal lining). This can help ease chronic diarrhoea, constipation, and even some food intolerances. Not to mention, it goes down easy; that's why dietitians recommend [broth as one of the best hangover foods](#) or for patients with food sensitivities.

**2. Protects your joints.** Taking glucosamine supplements has long been used as a first line of treatment for people with joint pain, but it turns out that bone broth has glucosamine too. Unlike pills, the broth offers other nutritional and health benefits that can help reduce pain. Chondroitin sulphate, which is found in the cartilage that protects joints, for example, has been shown to help prevent osteoarthritis.

**3. Keeps your collagen strong.** The real benefit of bone broth is the low-and-slow cooking process, which breaks down the bones and connective tissues of the meat. As you sip the broth, you take in collagen (a building block of cells found everywhere from your skin and bones to your brain) and gelatine (a form of collagen that aids digestion) both of which are incredibly healing. Experts are torn on whether you can gain the skin-firming, joint-strengthening benefits of collagen by ingesting it, but studies have shown an improvement in skin's elasticity and fine lines from collagen supplements

**4. Helps you sleep better.** [Research](#) has shown that glycine, found in bone broth, may help improve sleep and ward off fatigue.

**5. Supports a healthy immune system.** Because of bone broths high concentration of minerals, it is similar to a "superfood" that can strengthen your immune system.

**6. Increases bone strength.** The phosphorus, magnesium, and calcium in the bones seep out into the broth, leaving you to absorb all those [essential nutrients for your own healthy bones](#).

**7. Adds protein to your diet.** We're not suggesting an entire bone broth diet. It cannot (and should not) be your only means for getting essential nutrients like amino acids. However, if you don't regularly eat meat, it can help supply amino acids from

animal protein via bones. Alternatively, you can add in coconut aminos or other vegan/vegetarian alternatives. [Amino acids are important for muscle recovery and energy](#) - two key factors in your fitness performance.

**8. Aids a healthy diet.** While the bone broth trend might have started with drinkable broth in a cup, there are many other ways you can eat and cook with bone broth, as we've discussed before such as putting in soups and casseroles, sauces and gravy.