Beef Bone Broth

Emilia's take

Bone-based broths can be found in many traditional cuisines around the world, including Vietnam, China, Japan, Russia, and Poland. It is a greatly concentrated, nutrient- dense food, rich in amino acids, vitamins, minerals, glucosamine, and collagen, supporting your joints, digestive system, hair and skin. Broths like these will take your soups and stews to a totally different level of flavour. The longer you simmer the bones, the more nutrients you get, but you can have too much of a good thing, so do not consume bone broth on a daily basis, unless it has been specifically recommended.

Although this recipe is made with beef, you can also consider using other bones and carcasses, such as chicken, turkey and lamb.



2 Prep: 30 mins Cook: 4-12 hours

Ingredients

- 1-1.5 kg fresh or frozen beef bones
- 3 medium carrots (coarsely chopped)
- 2 parsnips (coarsely chopped)
- 2 stalks **celery** (coarsely chopped)
- 1 large leek or 2 small (coarsely chopped)
- 1 Tbsp **ghee**, **butter** or coconut oil
- 1-2 Tbsp sea salt
- 1 tsp **mustard** seeds
- 1 tsp black peppercorns
- 1 tsp fennel seeds
- ½ tsp allspice
- 1 tsp thyme
- 3 star-anise pods
- 6 green cardamom pods
- 2 bay leaves
- 4-6 dried shiitake or porcini mushrooms (optional)
- 50ml apple cider vinegar or red wine vinegar

Equipment

- 1 large lidded stockpot or slow cooker (cooking times vary)
- glass jars with tight lids

Common allergens in **bold**.
Please wash all fresh produce before use.

Method

1. Roast the **bones** on a baking sheet at 200˚C /180˚C fan for 20-30 minutes.
2. Toss the **vegetables** into a large pot or slow cooker, add the **olive oil** over medium-high heat with a good pinch of **salt**. Add the **spices** and the **porcini mushrooms** if using. Cook for 10-15 minutes.
3. When the bones have browned noticeably, add them to the stock pot. Cover with plenty of hot water (about ¾ full) and when the first bubbles arise, turn the pot to the lowest setting, for a low bubble (not a boil).
4. Add the **vinegar**, and simmer, partially covered, over 4-12 hours. Checking periodically that it is hot enough for an occasional bubble. Add hot water if needed.
5. When ready, pour the broth through a colander, into another pot, discarding the bones, vegetables and herbs. When cool, ladle the broth into sterilised glass jars and refrigerate overnight. The fat will separate and float to the top. You can remove it and store it in a separate jar.
6. To enjoy, warm a portion of broth with a teaspoon of fat in a saucepan. Remove from the heat, add a teaspoon of miso and stir well. Drink up to one cup (200ml) per day or use as base for soups or to cook grains in.

Make it yours

Add:

- fresh parsley or coriander (Step 4), 4-6 jujube dates (Step2)