

**Homemade Bone Broth Recipe:**

|  |  |  |
| --- | --- | --- |
| *Ingredients* | *Chicken Bone Broth* | *Beef Bone Broth* |
| Bones | 1 large or 2 small chicken carcasses (including the bones and the skin, add the neck, feet and giblets if you have them) | 1-2lbs (o.5kg – 1Kg of beef bones |
| Essential | 1 – 3 litres water  1 – 3 tbsp apple cider vinegar or red wine vinegar  1 tbsp salt | |
| Optional | 3-4 carrots, peeled and coarsely chopped  2-3 celery sticks, coarsely chopped  2-3 onions, peeled and coarsely chopped | 2-3 garlic cloves  1tsp whole or crushed black peppercorns  A few branches of rosemary, thyme or parsley |
| Process:   1. Put all the ingredients in a large pot, slow cooker or casserole dish 2. Add the optional ingredients if desired. During the elimination phase of your diet plan, only add carrots and herbs if tolerated. Wait until you have challenged the other vegetables before using them in your broth 3. Heat on high until the broth starts boiling. Stay close to prevent an overflow. Remove the foam from the top to improve the taste of your broth. 4. As soon as the broth starts to boil, reduce the heat to low. The heat should be adjusted to allow the broth to simmer. 5. Cook at low temperature for at least 6 – 8 hours up to a maximum of 24 hours 6. Once ready leave to cool for an hour or two. 7. Strain the broth using a metal colander and cheesecloth if desired. 8. You can keep your bone broth in the fridge for up to 4 – 5 days.   Notes:  If your bone broth doesn’t gel: High temperatures can denature the gelatin in your bone broth. Make sure the water is barely simmering next time  Some slow cookers don’t have a low enough setting, use the stove top.  It is possible you used too much water for the amount of bones. Try using less water or more bones next time. Adding chicken skin, chicken feet can also help the broth gel more easily.  Bone Broth: A Gut-Healing Whole Food Supplement  What does bone broth have to do with digestive health? A great deal! Bone broths have been used traditionally by Doctors in the past for many ailments until around 1930 when drugs began to take over. Bone broth was added to baby formulas to treat colic. Gelatin and its colloidal properties aid the digestion of foods which cause discomfort in the stomach and gastrointestinal tract.  Bone broth is the best source of gelatin, a protein rich in the amino acids proline, hydroxyproline and glycine. Gelatin can assist digestion by normalizing stomach acid levels and promoting the flow of gastric juices. This explains why many people find meat on the bone cooked in soups or stews easier to digest. In addition to aiding digestion, gelatin is also soothing for the GI tract. Back in the day bone broths were recommended routinely to treat IBS or ‘intestinal catarrh as it was known then.  In addition bone broth may be helpful for your cartilage and joints, immune system , detoxification, bones and skin health. Apart from the amino acids and gelatin, bone broth also contains exactly the same minerals found in your bones – calcium, phosphorous, magnesium, sulphur and potassium. These minerals can help you maintain strong bones and teeth even without consuming dairy.  Taken from: Digestive Health with REAL food by Aglaee Jacobs MS, RD | | |