



Bone Broth

Ingredients

Carcass of a chicken or beef bones (cooking times differ)

1 onion quartered

2 ribs of celery chopped and leaves

1 large carrot sliced

sprigs of any herbs like sage, rosemary, thyme, oregano

3 cloves garlic

1 tbsp turmeric powder or fresh

1 tbsp ginger powder or fresh

1 tsp cloves whole (4) or powder

generous pinch salt

5 peppercorns

generous splash of apple cider vinegar

water up to the maximum level

Instant pot pressure cooker

Instructions

- Into the pressure cooker pot place all the ingredients.
- Layer on the salt, pepper, herbs and spices, what ever you prefer. There is no real right or wrong. It's about maximising the nutrition punch this broth will pack.
- If you are making **chicken bone broth**, it needs to cook at high pressure for **2 hours**. PLEASE REFER TO YOUR PRESSURE COOKERS INSTRUCTIONS FOR USE
- If you are making **beef bone broth**, it needs to cook at high pressure for **3 hours**.
- Once the time is up, allow the pressure to release naturally and be careful when releasing
- Carefully strain the liquid through a sieve into a big bowl.
- Often there may be a fat layer on top which is why I like to allow it to cool and refrigerate so the fat solidifies and I can scoop it off the top.
- I like to portion into mason jars that hold at least a litre. Don't overfill if freezing.

Bone broth is a nourishing mineral rich stock containing nutrients such as collagen, gelatine and amino acids such as glycine and proline. It contains minerals such as calcium, magnesium and phosphorus. It is excellent for supporting gut, joint and overall health. A nutrient dense way to add flavour and nourishment to your meals.