

During the conference I mentioned that I would forward a recipe for bone broth - please find it below. Many thanks, De-Arne Campbell

Bone Broth recipe

Marrow, neck and beef bones. Ask your butcher to cut these in half in order to expose the marrow.

¼ - ½ cup apple cider vinegar

3 red onions halved, leave the paper on

3 carrots roughly chopped into large pieces

3 celery sticks, and a handful of the tops if you have them

handful fresh lemon thyme

3 star anise

healthy pinch of sea salt, pepper

strip organic orange peel about 10cm long – no pith

½ bunch parsley, stems included

Place the bones, onions and carrots, along with ½ the thyme into a roasting pan. Lightly toss the lot with olive oil. Place in an oven at 180C until roasted and nicely browned. Remove from the oven. Remove the bones to a large stock pot but keep the roasting pan. Place this pan on the hob over mild heat. Deglaze the pan with some water, ensuring that all of the caramelized bits are scraped from the bottom. Pour all contents of this pan into the stock pot. Add remaining ingredients to the stock pot and fill with water. Bring to a boil. As it boils, a scum shall form on the surface, periodically. Ensure that you skim this scum from the surface regularly. Once all scum has been removed, reduce the heat to a simmer. Simmer for a minimum of 4-6 hours. This may be transferred to a slow cooker, once skimmed. The longer it is simmered, the better. Ideally the bones shall almost disintegrate. At the end, you shall be left with a gelatinous fatty liquid. Remove all solids, strain through a sieve and allow to cool. Remove the yellow fat from the top. Underneath you shall find a lovely gelatinous brown clear liquid that is your bone broth.

To store: Either further reduce the bone broth, in effect concentrating it and then freeze in ice cube trays. Remember to dilute upon defrosting. Or pour into take-away containers and store in the freezer until required.

For tonifying blood, a small teacupful 2-3 times per day, before meals works best. It may also be used as a beef stock, when called for in other recipes.