

Healing Beef Bone Broth

Courtesy of Sherwood Rd Organic Meats
www.sherwoodrdorganics.com.au

oven tray
chopping board and knife
extra large pot with lid
measuring cups and spoons
fine sieve or cheesecloth

METHOD

INGREDIENTS

- Preheat** oven to 200°C (400°F).
- Place** on the oven tray
 - 1.5 kg (3.4 lb) **organic beef bones**, rinsed
 - white part of 1 **leek**, cleaned, coarsely chopped
 - 1 large **brown onion**, coarsely chopped
 - 2 stalks **celery**, coarsely chopped
 - 2 **carrots**, coarsely chopped
 - ½ head **garlic**, unpeeled and sliced in half
- Brown** in the oven for 20 to 25 minutes, turning halfway.
- Place** in the large pot with
 - 4 L (4.3 qt) **filtered water**
 - 2 TBS **apple cider vinegar**
 - 5 whole **black peppercorns**
 - 3 **bay leaves**
- Simmer** covered for a minimum of 12 hours while occasionally skimming off any scum that rises to the top.
- In the final 15 to 20 minutes **add** ½ bunch **fresh parsley**
- Pass** the stock through a fine sieve or cheesecloth and **discard** the bones, vegetables, and herbs.
- Allow to **cool** quickly and **refrigerate** overnight.
- Optionally skim off the solidified surface fat. (You should be left with a gelatinous bone broth when cold.)

