

How to make a healthy bone broth

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Support your immunity this winter with this healthy bone broth recipe. Nadia Felsch writes.

As with stock, broth is typically made with roasted bones for improved flavour; however, this step is not necessary. The addition of vegetables and seasoning is focused predominantly on flavour-extraction and you can change this recipe to suit what veg you have, or to include any vegetable scraps as well. For maximum flavour, I like to roast the chicken carcass first. The inclusion of bones, vinegar and water are key, as is time, for maximal nutrient extraction.

To produce gelatine from collagen-rich joints of animals and extract minerals, a low simmer for eight to 24 hours (or more) is required. This is where a slow-cooker comes in handy! Once cooked, the bones should crumble when pressed lightly with your hands. If you don't own a slow cooker it is possible to use a large pot on the stove. However, excess froth may float to the top when using this method and a slow-cooker could certainly be considered the safer option.

Ingredients

- 1 chicken carcass
- 2 carrots
- ½ bunch celery
- 1 medium brown onion
- 1 bunch parsley

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- 2 tbsp apple cider vinegar (with 'mother')
- Vegetable/herb ends or bits and pieces on hand
- Salt and pepper
- Water to cover

Preheat oven to 180°C.

Once to temperature, roast chicken carcass for 15 minutes or until just browned. Set aside.

Roughly dice all vegetables and herbs and place these, along with the chicken carcass, in your slow cooker. Season with salt and pepper.

Cover your ingredients with cold water and cook on low setting for a minimum of 8 hours (to a maximum of 30 hours).

Check on water level and add more if need be.

To check, remove a bone and see if it crumbles when pressed lightly. When done, turn off heat and leave the broth to cool.

Strain and use as the base of soups, stews, casseroles or as a comforting elixir (see recipe on below) when you're not feeling your best.

Alternatively, freeze in ice cube trays for up to 6 months and use as needed

Bone Broth Elixir

Ingredients (Serves 2)

- 100 ml broth
- 1 small garlic clove, crushed
- Salt and pepper, to taste

Method

Heat broth slowly to warm.

Add fresh garlic and season to taste. Serve immediately.

Words, recipes and photography: [Nadia Felsch](#).

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