

BONE BROTH RECIPE

Ingredients for the tray:

- 2kg of beef, lamb or chicken bones
- 2 medium carrots
- 1 white onion
- 1 head of garlic
- 50 grams of ginger
- 2 teaspoons of salt
- 1 teaspoon of peppercorns
- 2 bay leaves
- 1 teaspoon of turmeric
- 30mls of apple cider vinger

Ingredients for the instant pot:

- 2 teaspoon salt
- 1 teaspoon peppercorns
- 30 mls of apple cider vinegar
- 1 litre of water

Equipment:

- Instant Pot or Large Saucepan
- Baking Tray
- Large Bowl
- Teaspoon & Tablespoon

Baking Tray Instructions:

1. Preheat your oven to 220° degrees
2. Remove the bones from their packaging, adding them to the large bowl for washing. Add enough water to the bowl to cover the bones then add the apple cider vinegar to the water. Soak for 15 minutes.
3. Transfer the bones into a saucepan and cover with enough water to cover all the bones. Boil for 30 minutes, skimming off the skum that rises to the top.
4. Cut the carrots length ways then into thirds, keeping the peel on, add to a baking tray
5. Cut the onions and ginger into quarters, keeping the peel on, add to the baking tray
6. Leaving the skin intact of the individual garlic cloves, cut a quarter of the very top of the head of garlic. Add a teaspoon of olive oil to the exposed head of the garlic. Wrap the cut head of garlic in kitchen foil and add to the baking tray.
7. Remove the water from the bones, giving a final rinse with cold water and draining. Then add the bones to the baking tray.
8. Generously salt the contents of the tray
9. Roast in the oven for 30–40 minutes until the bones have become a golden brown (turning the contents of the tray halfway through to ensure an even browning)

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Instant Pot Instructions:

1. Add the bones and vegetables from the baking tray to the instant pot.
2. Deglaze the baking tray with around a pint of boiling water then add this water to the instant pot
3. Top up the instant pot with boiling water, there should be enough to cover all the bones but do not pass the maximum liquid line in your instant pot (approx 1 – 1.5 litres)
4. Add the bay leaves, turmeric, peppercorns and apple cider vinegar to the broth
5. Set the pressure cooker to the 'pressure cook' setting at high pressure for 2 hours
6. Once cooked release the pressure with the quick release (watch out for the steam that comes out of the pot at this point, it's easy to burn yourself!) or allow the instant pot to naturally release over time
7. Add a sieve to a pot (the sieve fits snugly around the rim of the pot), we'll use this to separate the broth from the bones.
8. Once the instant pot has cooled enough to handle, pour the broth through the sieve and empty pot to strain the bones and vegetables from the liquid
9. Discard of the bones and vegetables (or reuse the bones with fresh veggies for the base of a tasty soup)
10. Strain the liquid with a sieve a second time this time portioning to 2-3 smaller containers.
11. Allow the broth to cool completely before refrigerating overnight
12. The next day a yellow layer of fat should have formed on the very top of the broth, remove this fat (keep it to cook some delicious roast potatoes)
13. You should be left with a giggly brown jelly and that's your bone broth sorted!
14. Enjoy nice and hot!

Serving suggestion:

- Warm a cup of bone broth in a saucepan, add half a chopped spring onion and 1/4 of a bouillon cube, cook on medium high for 7 minutes
- Scramble an egg and slowly pour the egg into the saucepan whilst stirring the broth in one direction, cook for a further 3 minutes
- Enjoy your bone broth egg drop soup