BONE BROTH

Before there were hospitals, clinics, pharmacies, and spas there was a pot of soup cooking over the fire with bones and root vegetables. It helped restore kidney and blood health.

Medieval doctors recommended it for the sick and elderly. When you simmer bones long enough, something happens the liquid.

It is loaded with collagen, glycine amino acid, dense with minerals, calcium, magnesium, phosphorus. We used to eat the whole animal (every culture did), and the bones went into the pot. By adding acid (tomato, fruit, lemon) to the soup, it draws out the calcium from the bones, right into your body. Here is a recipe if you want to try it:

BONE BROTH – traditional recipe

Fill a large kettle pot with washed bones – beef, chicken, pork (whatever you like)
Chop up a whole onion, or leek roughly chopped, 2 carrots roughly chopped, a whole head of garlic sliced in two horizontally (skins and all) – put these in a fry pan or oven roast until very brown or starting to get black – then add these to the pot of bones.
Cover with water. Bring to a boil for 20 minutes, then scoop off the scummy stuff that is floating.

Add:
2-3 bay leaves
2 tsp black peppercorns
3 Tbsp apple cider vinegar (or wine, or lemon juice, or one tomato chopped up)
A couple stalks of celery chopped,
A bunch of parsley
Salt to taste if you wish
Cover and simmer for 4-24 hours. The longer you simmer, the more flavour – but you will need to add water from time to time.
Strain. the broth. Let the liquid sit to cool. Scoop off the top layer of fat if you like – you can use it for other things, or leave it in the soup.