

HOW TO MAKE NOURISHING BONE BROTH

(MY GO-TO RECIPE)

This nourishing broth is gentle on the stomach, rich in collagen, and may help reduce inflammation. A comforting, mineral-rich elixir — perfect for gut health, joints, and recovery.

Ingredients:



- 1 kg beef bones
- 3 large carrots
- 4 onions
- 3 celery stalks
- 2 garlic cloves
- 2 cinnamon sticks
- 3 bay leaves
- 10 whole black peppercorns
- A pinch of star anise

Step-by-Step Instructions:

1. Roast the bones
Preheat your oven to 220°C. Roast the bones for about 30 minutes or until they're nicely browned. This step deepens the flavor.

2. Prep the veggies
Roughly chop carrots, onions, and celery into large chunks.

3. Brown the vegetables
Sauté the chopped vegetables in a large pot with a bit of coconut fat until slightly golden and fragrant.

4. Combine everything
Add the roasted bones, sautéed veggies, garlic, spices, and herbs to the pot.

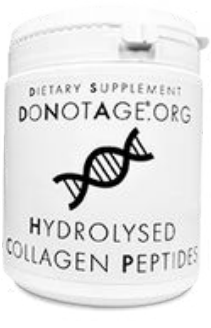
5. Add water
Fill the pot with water just enough to cover the bones and vegetables.

6. Simmer low & slow
Bring to a boil, then reduce to a gentle simmer. Skim off any foam or fat that rises to the top during cooking.

7. Let it simmer
Allow the broth to simmer for 12–48 hours. The longer, the better! Refill with water if it reduces too much. (If needed, you can pause the process overnight — just turn off the heat, let it cool, store it safely, and continue simmering the next day.)

8. Strain & store
When done, strain out the bones and vegetables. Let cool and store in glass jars in the fridge or freezer.

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