

### Chicken Bone Broth:



Back in our grandparents day, bone broth was used widely and was known for its healing abilities. Unfortunately these days we have pre-made stocks and stock cubes which contain none of the nourishment and healing properties of the real thing. Bone broth is said to have many health benefits, including improving gut health which we all know plays a huge role in our overall health. It contains a high amount of collagen, vital minerals such as calcium, phosphorus and magnesium, gelatin and glucosamine, which all help to boost immunity. Having a strong immune system is so vital, especially when you see how vulnerable we can all be. Bone broth will help you to fight off sickness so use it wherever you can, in stir fries or bolognese or any recipe that calls for stock. You can also drink it daily with some fresh minced garlic and salt, yummy!

It is always best to stick to organic meats wherever possible. The health of the animals the bones are derived from significantly influences the health benefits of the bone broth. They may be more expensive but the health benefits provided are worth the extra. When buying organic you can be sure that production methods used exclude chemical fertilisers, pesticides, growth

hormones and/or antibiotics. The scary truth about the food manufacturing industry is that they use some or all of these additives which pose significant health risks to consumers', especially when it refers to animal based products. As the population and demand for animal products increases, so does the use of growth hormones and antibiotics. Due to the confined and overcrowded nature of some of the farms, this fosters an environment for infection and disease in the animals. Antibiotics are an effective way to suppress these infections and the growth hormones as the name suggests, speeds the growth of the animals so they can service this fast growing demand.

When the animals are exposed to these types of chemicals and toxins, they are absorbed through the bones and into the marrow. During the low and slow cooking process of bone broth, the bones and the added veggies and herbs are broken down and if poor quality ingredients are used, these nasty substances are released into the broth and passed onto those consuming it.

Even animals raised on conventional farms that are grass fed may be exposed to toxins from the fertilisers, pesticides and insecticides that are sprayed on the pastures. Furthermore, lead toxicity has been shown to be elevated in animals exposed to water and soil from non organic farms. Exposure to high amounts of lead can result in headaches, impaired growth, behavioural problems, lack of energy, learning difficulties and more. This is of even greater concern for those who are drinking bone broth to help treat specific health ailments such as autoimmunity and allergies as avoiding all types of toxins is essential.



When I'm planning to make bone broth I usually cook a roast chicken and then use the stripped carcass for bone broth, less waste, more food! If i'm not ready to make the broth straight away I freeze the stripped carcass and pop it into the pot to cook from frozen)

Ingredients:

1 whole chicken carcass (preferably organic)  
700 gm chicken feet (or other parts if you find the feet make you squeemish, you could even use a second carcass)  
3 garlic cloves (skin on but chopped in half)  
Handful of fresh herbs (optional but fresh herbs have loads of health benefits)  
Filtered water  
1 TBSP apple cider vinegar  
Either a couple of cups of veggie scraps-When I cook I keep onion tops, celery tops, broccoli stems, carrot ends etc in a container in the freezer and use this for broth)

Or

1 brown onion  
1 large carrot  
Bunch of celery (with leaves)

Method:

1. Place the carcass, feet, and any fat or leftover scraps from the roast dinner (you can even keep the leg and wing bones after you've eaten the roast) into a large, heavy-based stockpot. Add water, vinegar, and veggies. Bring to a gentle boil and skim off any foam that rises to the top.
2. Reduce heat, and simmer on low for 3 to 12 hours, depending on your preference. If you are using a pot on the stove, keep heat on lowest temp and top up water as needed so that the bones are always covered.
3. Once broth is finished, remove bones, veggies, etc from broth and strain. Pour the broth into jars/glass containers. Discard bones and vegetables. To make it completely waste free, I put the veggies into my compost and the bones I blend up to a paste and feed them to my dog.



Aspen Lifestyle

