

Meat broths and why we need the nutrition from home made broth.

- > The bones of an animal or fish are oozing with nutrition and when they are heated and cooked for sometime, all that nutrition comes out in the broth.
- > Broth made from animal bones which will have some meat still attached, are good sources of sodium, chloride and iodine as well as magnesium, potassium and important trace minerals. Broth made from fish carcasses and fish heads is rich in additional substances that nourish the thyroid gland.
- > Properly made, broth is also a source of gelatine, which is an excellent aid to digestion and assimilation of cooked foods. It also contributes to the formation of bone and regeneration of worn cartilage. If we ate broths regularly we wouldn't need to supplement with glucosamine, which is the nutrition from bones (mostly shellfish or shark cartilage) to assist in the reversal of degenerative bone diseases such as arthritis. Many years ago, broth was traditionally made at home for the basis of all types of soups.
- > Stocks and broths on supermarket shelves are not made traditionally, many are made up of flavours, MSG, chemical salts, additives, colourings and everything that does not nourish the body but merely adds flavour to a food.
- > Broths are easy to make. Bones can be bought or bones left over from carcass of lamb, beef, chicken or fish meals can be used.

Meat Broth basic recipe.

- 2 kg meaty beef bones, or shanks, ribs, bones from lamb roast, chicken, fish.
- 2 litres filtered water
- 2 carrots, chopped
- 2 medium onions, chopped
- 3-4 celery sticks, chopped
- 2 bay leaves
- 3-6 sprigs parsley
- 1 teaspoon unprocessed sea salt (Celtic or Himalayan)

Method:

- Place bones in a roasting pan, and roast uncovered for 30 min at 200 degree C.
- Add celery, carrots, onions to the pan, and roast another 30 minutes.
- Transfer bones and vegetables to a stock pot.
- Skim the fat out of the roasting pan. Then add 2 cups water to the pan and use a spoon to scrape off the flavourful brown bits stuck to the pan.
- Add the roasting liquids to the pot, along with seasonings and remaining water.
- Bring to boil, slowly.
- Reduce heat and simmer uncovered for 5 hours. Skim off any foam that rises to top.
- Strain the broth through a sieve or colander and allow to cool.
- Refrigerate overnight and skim off fat in the morning. The broth may be stored in refrigerator for up to 3 days, or put into meal size containers and frozen for longer periods of time.

Broth Use:

Broth is used as basis of any type of soup (vegetables, rice, quinoa, millet, egg, mung bean or rice noodles) or can be simple heated and used as a nourishing drink. Add any of the following for taste and nutriment: salt, Tamari, parmesan cheese, paprika sprinkle, dried or fresh herbs, teaspoon butter, flaxseed or olive oil (for essential fatty acids and transport of fat soluble vitamins) do plain yoghurt, rice noodles.

It can be used as basis for risotto, cooking whole grains such as quinoa, millet, buckwheat, brown rice, pasta. Use your imagination as to how you might use this highly beneficial food on a daily basis.