

Broths

Broths are clear, fat free, highly nutritious flavoured liquid traditionally used for a base in soups, stews, braised dishes, grain cookery and sauces but also has many health benefits.

It is made by infusing flavours from ingredients, such as meat or fish bones, vegetables, herbs and spices, in simmering water over a set period.

Health Properties

- Easily digestible, absorbable form of micronutrients – booster foods such as herbs and spices can be added to enhance therapeutic properties.
- Hydrating - full of electrolytes.
- Animal bones are rich in calcium, magnesium, potassium, phosphorus and other trace minerals needed to build and strengthen your own bones.
- Bone marrow provides many key dietary micronutrients such as vitamin A, vitamin K2, zinc, iron, manganese, selenium as well as essential fatty acids.
- Fish bones contain iodine, which is essential for healthy thyroid function and metabolism.
- Source of collagen - supporting connections tissue, joints, cell integrity.
- Aids detoxification – due to the glycine and potassium content.
- Contributes to healthy gut lining due to the amino acid glutamine that has been supportive in easing leaky gut.
- Anti-inflammatory – source of glutathione (a potent antioxidant) and amino acid arginine (strong anti-inflammatory effects).
- Boosts immune system – due to the cysteine content.
- Cellular growth and repair – contain numerous amino acids (meat based broths only).



Basic Bone Broth

This is just the template for a straightforward bone broth. You are encouraged to add aromatics and herbs to enrich the health properties of your broth. Common additions include garlic, onion, celery, carrots, parsley and thyme.

4 litres of filtered water
30ml apple cider vinegar
1-2kg organic animal bones
Sea salt and pepper, to taste

1. Place all the ingredients in a large pot.
2. Bring to a boil and pour a cup of cold water onto the top and using a ladle skim off any impurities (cloudy or greasy looking pockets of liquid).
3. Reduce the heat so the broth is light simmering and cook for 4-6 hours – note the longer it cooks the richer the flavour and more nutritious it will be.
4. Allow the broth to cool, strain off the liquid using a fine mesh sieve or cheese cloth and store in a container and refrigerate for up to 5 days (or freeze in smaller portions).
5. Discard the solids and use the broth as a warming drink or to add to the base of soups, sauces and stews.

*Apple cider vinegar is an important component because it helps to draw out the valuable nutrients from the bones to provide us with the nutritious health properties.

Basic Chicken Broth

This is a simple yet solid chicken broth that creates the perfect base for soups, stews, pulses, grains, poaching vegetables or simply a nutritious drink.

Makes approx. 2 litres

- 1.5kg chicken carcasses or wings
 - 2 tbsp ghee or olive oil
 - 1 large or 2 smaller carrots, cut into chunks
 - 1 large white onion, skin on, cut into quarters
 - 2 leeks, cut into chunks
 - 2 sticks of celery, cut into chunks
 - 3 garlic cloves, bashed
 - Bouquet garni of 5 parsley stalks, 5 sprigs of thyme and 3 bay leaves, tied with string
 - 10 peppercorns
 - 1 teaspoon fennel seeds
 - 1 teaspoon coriander seeds
 - 1 tablespoon apple cider vinegar
1. Set a 5 litre stock pot over high heat. Add the chicken carcasses or wings with the ghee or olive oil. Lower the heat. Fry for 5-10 minutes or until just golden.
 2. Add the carrot, onion, leek, celery, garlic, bouquet garni, peppercorns, fennel and coriander seeds. Mix through. Then, cover with 3 litres of water.
 3. Bring to the boil, then reduce to a simmer and cook for 3 hours, skimming when needed.
 4. Pass through a sieve. Add the vinegar.

Notes: This will keep in the fridge for a week and for three months in the freezer.

Allergens – Celery.

Basic Fish Broth

Makes approximately 1 litre

1 onion, sliced
2 carrot, sliced
1 stick celery, slices
1 leek, sliced
450g fish bones (skins, fins, heads or tails of white fish)
1 bunch parsley stalks
1 bay Leaf
1 sprig fresh thyme
6 black peppercorns

1. Put all the ingredients together into a saucepan, with water to cover, and bring to the boil.
2. Turn down to simmer and skim off any scum.
3. Simmer for 20 minutes if the fish bones are small – 30 minutes if large.
4. Strain.

Notes: the flavour of fish stock is impaired if the bones are cooked for too long. Once strained, however, it may be strengthened by further boiling and reducing.

Allergens: Fish, Celery.

Brown Fish Stock

This can be used when a stronger flavour is required.

Makes 1 litre

2 tbsp cold pressed rapeseed oil
2 shallots, peeled and cut into 1 cm dice
½ fennel bulb, cut into 1 cm dice
½ carrot, peeled and cut into 1cm dice
1 ltr cold water
500g fish bones – skins, fins, crustacean and mollusc shells cleaned
1 bouquet garni*
1 garlic clove
½ tsp tomato puree

1. Heat the oil in a large, heavy saucepan and add the vegetables. Cook over a very low heat until the vegetables are soft and evenly browned – do not allow them to burn!
2. Remove the pan from the heat and add the fish bones, trimmings/shells and bouquet garni, garlic and tomato puree. Cover with cold water.
3. Bring to the boil, and then simmer for 30 minutes, skimming regularly.

Notes: bouquet garni is a classic herb combination for flavouring stews and soups. It is prepared by placing a sprig of thyme, a few parsley stalks and a bay leaf in the groove of a 5cm / 2 in piece of celery stalk and searing them by tying with a piece of string.*

Allergens: Fish, Shellfish

Basic Vegetable Stock

Made from scratch, vegetable stock is supreme in terms of nutrients and flavour. Simply simmer some aromatics with root vegetables in water. The perfect recipe is up to you, but here's a simple one to start with:

Yields: 1.5 litres

2 onions, coarsely chopped (discard the root)
3 garlic cloves, crushed
2 carrots, coarsely chopped
4 sprigs fresh thyme
1 bay leaf
2.5 litres water

1. Put all the ingredients into a stock pot. Bring to a gentle boil, then *gently* simmer uncovered for 60-90 minutes. The stock should taste slightly sweet.
2. Strain through a fine mesh sieve.
3. Set aside to cool.
4. Refrigerate or freeze.

Allergens - Celery.

Veggie Gut Healing Broth

An abundant source of gut healing nutritional goodness.

Wakame provides a source of omega 3 in addition to iron, calcium, magnesium and iodine. Shiitake mushrooms up-regulate the immune system and are a great source of vitamin D and B vitamins, in addition to harbouring pre-biotic properties. Turmeric ramps up the antioxidant content and spinach/kale is packed full of vitamins and minerals.

Serves 4

1300ml filtered water
1 tbsp coconut oil
½ red onion, quartered
1 garlic bulb, smashed
½ chilli pepper, roughly chopped (seeds optional)
1 inch/thumb sized ginger, roughly chopped (keep skin on)
75g spinach/kale
300g mixed vegetables e.g. button mushrooms, carrot, leeks, celery (keep skin on)
50g dried shiitake mushrooms
15g dried wakame seaweed
½ tbsp peppercorns
1 tbsp ground turmeric
½ tbsp coconut aminos
50g fresh coriander
20g nutritional yeast flakes
Juice ½ lemon

1. Wash all vegetables.
2. Place all the ingredients (apart from the lemon juice) into a large saucepan, bring to the boil then gently simmer for 1 hour.
3. Skim any residue off the stock, strain it through a fine sieve or muslin cloth.
4. Taste and season accordingly, add the lemon juice for freshness.
5. Hold back any vegetables you may want to add back into the soup (although they would have lost most of their nutrients by now). For optimal results gently heat some carrot ribbons, finely sliced spring onions, leeks and parsley for garnish and serve.
6. Once the broth has completely cooled, store in an airtight container in the fridge for a couple of days. Broth is suitable for freezing.

Allergens - Celery.

Aromatic Asian Broth

The success of this recipe depends on the stock. It is a clear, healing broth to banish colds and bugs. The infusion of lemongrass, lime leaves, ginger, garlic and lime ensure the immune system is fully charged and enhanced.

Serves 2

4 spring onions, trimmed
10g fresh coriander
1 lemongrass stem, slightly bashed
2 kaffir lime leaves, torn
4cm piece of ginger, sliced
2 plump garlic cloves, sliced
1 tbsp rice vinegar
1 tbsp gluten free tamari sauce
Several grinds of black pepper
700ml chicken or vegetable stock
1 lime, juice only (zest may be used for garnish but will flavour the soup)

1. Remove the green parts of the spring onion and chop thickly. Put them into a medium sized saucepan. Set aside the white parts to use later.
2. Pick off the leaves from the coriander and set aside with the white spring onion pieces. Roughly chop the coriander stalks and add these to the saucepan.
3. Add the bashed lemongrass (to release the aroma and flavour), the lime leaves, ginger, garlic, rice vinegar, tamari, pepper and stock to the saucepan. Bring to a gentle boil. Once it has reached boiling point, reduce the heat to a low simmer and cook, partially covered for 15 minutes. Turn off the heat and leave for seven minutes.
4. Strain the broth using a sieve and press onto the ingredients with a spoon to release all the flavours.
5. Add the broth back to the saucepan and gently reheat adding 2 tbsp lime juice. After one minute taste the broth and adjust to your preference. It may need more lime juice, more tamari, more pepper.
6. Take the spring onions and coriander leaves and finely chop both. Place a heaped tbsp into the bottom of the soup bowls.
7. Ladle the hot broth into the bowls and serve at once.

Allergens – Soya (check vegetable stock for celery).