

Bone Broth

Allergen Advice

- **Free from:** Nuts, Seeds, Dairy, Soy, Egg, Gluten, No Added Sugars or Refined Starches. Can easily be made free from seafood and low in Salicylates and FODMAPs

1. Choose your bones^a
2. Remove excess skin or fat and add to a slow cooker, pressure cooker or large, heavy based saucepan
3. Add enough water to cover the bones completely. Cover with a loose fitting lid
4. Simmer bones for a long period of time^b to allow the gelatinous portions of the bone to soften and break down: generally between 4-24 hours (depending on appliance used) works well
5. Add flavoursome vegetables, herbs as tolerated and salt to taste during the last 1-2 hours of cooking
6. Experiment with onion, leek, garlic, carrot, celery, bay leaves, thyme, parsley and other herbs you enjoy and tolerate
7. When cooking is completed strain the broth into storage containers and/or large ice cube trays. Cool and refrigerate or freeze until required
8. If the broth is disliked as a drink it will be fine to add to another meal as a liquid stock, soup, gravy or sauce



- a. Bones – Suitable bones can be uncooked, the cooked bones from a roast or bones that you roast on a low heat before making your broth. Fish carcasses from white fleshed fish (avoid oily varieties like salmon or mackerel) are also suitable. There may be added benefits to using a variety of bones e.g. a whole chicken carcass vs just drumsticks where practical. The amount of meat left on the bones for your broth is not particularly important unless you are amine intolerant
- b. If you are amine intolerant it is unlikely that you will tolerate the long cooking periods recommended. Start with short cooking times of around one hour and build up in very small doses as tolerated. Experiment with more gelatinous bones such as chicken necks

Notes

Keep big batches of bone broth for longer by freezing the broth into blocks like the ones above, transferring into a large storage container and then using as required

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