

HEALING BROTH

This broth is an extremely nutritious addition to any diet and can be used on its own as a tasty drink or added to soups or stews.

The addition of vinegar to this stock helps draw out the beneficial magnesium, calcium and potassium from the bones, while the vegetables provide valuable electrolytes. In addition, the gelatin from the bones has a hugely healing effect on the digestive, nervous and immune systems, and also assists in protein assimilation. Your stock will keep for around five days in the fridge and several months in the freezer. I recommend drinking a mug of broth every day to promote effective regeneration of the gut wall. This recipe is inspired by one of my favourite cook books, 'Nourishing Traditions - The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats by Sally Fallon with Mary G. Enig, PhD.'

INGREDIENTS (MAKES 2 LITRES)

- * 1 organic chicken carcass or approx. 1.5kg organic beef bones
- * 1 medium organic white onion
- * 2 medium organic carrots, coarsely chopped
- * 2 medium sticks of organic celery, coarsely chopped
- * 1 bulb of organic garlic, cloves unpeeled (optional)
- * 2 tbsp apple cider vinegar
- * 3½ litres cold filtered water
- * 5 whole black peppercorns
- * 3 bay leaves

- * 6 sprigs of fresh parsley
- * 2 tsp sea salt

METHOD

1. Brown off your carcass / bones in a medium-heated oven for one hour.
2. Place the carcass / bones in a large stainless-steel stockpot, saucepan or slow cooker.
3. Cover with filtered water, vinegar, bay leaf, salt, pepper and vegetables. Leave to stand for approximately 30 minutes.
4. If cooking on the hob, bring to a slow boil on a medium heat. Remove any scum that rises to the top with a large spoon and discard. Reduce the heat to the lowest setting, cover and simmer for eight hours.
5. If using a slow cooker, follow the instructions in steps one to three. Set your slow cooker to high and simmer for ten hours. (The first one to two hours will be bringing the stock to a simmer.)
6. One hour from the end of cooking, add the fresh parsley.
7. When your stock has reached the end of your chosen cooking time, drain the liquid into a large bowl, discarding the carcass, giblets and vegetables.
8. Place the clear broth in the fridge for 24 hours or until the fat has settled on the top. Now skim and discard this fat. Decant your broth into smaller tubs for the fridge or freezer.

MAGIC MAGNESIUM BROTH

This is a fabulous and reviving broth that can be made in batches and sipped throughout the day, or taken in a flask to replace your mid-afternoon cup of tea.

Magnesium is a vital catalyst for enzyme activity, particularly that which is associated with energy production. Magnesium is a sensitive mineral and can easily be driven out of the body by alcohol, caffeine, high fat and high protein diets, and by the mineral blocker oxalic acid, which is found in many magnesium rich leafy green vegetables. Magnesium is a miracle mineral and if you are feeling chronically tired, suffering with IBS or digestive symptoms, insomnia or emotional instability, this broth is hugely nourishing. The addition of cayenne pepper also helps to rebalance SigA, a vital defender of the immune system. Curl up in your favourite chair with a mug of my broth and take some time to indulge!

INGREDIENTS (MAKES 1 LITRE)

- * 1 litre filtered water
- * Organic leafy greens, such as kale, spinach, chard (enough to fill half the water)

- * ¼-½ tsp organic cayenne powder
- * 1 tsp fennel seeds
- * 1 tsp fenugreek seeds
- * Sea salt, to taste

METHOD

1. Place your filtered water, fennel and fenugreek seeds in a large stainless-steel saucepan and bring to a slow, low simmer. Simmer for five minutes to infuse.
2. Add your leafy green vegetables, enough to come within an inch of the top of the water. Simmer for one hour.
3. Remove the vegetables with a slotted spoon and discard.
4. Add the cayenne and the sea salt, to taste.
5. Serve immediately or store in a flask for later.