

Organic Beef Broth Recipe

Look after your gut health by making your own gut soothing broth

Serves: 4

Prepare: 15 Minutes

Cook: 4 Hours

Difficulty: easy



Ingredients

- 250g [organic beef stock bones for broth](#)
- 250g [organic beef marrow bones](#)
- 1 tbsp olive oil
- 1 tsp coarse pink himalayan salt
- 1 tsp organic black peppercorns
- 10ml [Willy's apple cider vinegar](#)
- 2 carrots, chopped
- 2 celery sticks, chopped
- 1 onion, chopped
- 2 organic dried bay leaves
- 1 sprig of thyme

Method

1. Preheat the oven to 200°C/gas mark 6
2. Into a large roasting tray drizzle the olive oil, add the beef stock bones, beef marrow bones and the chopped vegetables. Season with the coarse pink Himalayan salt and black peppercorns and roast for 20 minutes, until the marrow bones turn a golden brown colour and the marrow starts to melt
3. Then transfer to a large lidded casserole dish, cover everything with the water, add the bay leaves and sprig of thyme and put into a very low oven overnight. To make sure the water doesn't evaporate, seal the lid of the pot with foil
4. When the cooking time is up, skim and strain the broth, discard the veg and bones and you'll be left with a deeply flavoured broth for use as a base in soups, casseroles or risottos