

Bone broths seem to be making a come back lately. In Chinese medicine, these types of broths are a good fertility tonic if they are made properly. According to Chinese medicine bones belong to the energy of the Kidney. The reproductive organs also belong to this system - including our developing eggs or sperm. Slow cooking bones allows the minerals, nutrients and energy of the bones and marrow to leach into the broth water to become available for digestion. Energetically this acts as a tonic to the Kidneys.

It is really important the bones are cooked for at least 24 hours until they have softened. You can use any types of bones. Those that come from organic sources will always be best. Use free range at least.

Recipe for Bone Broth

1. Cover bones with water and slow cook covered for at least 24 hours.
2. If the bones used were a bit fatty, allow the stock to cool, then scrape the fat off.
3. Remove the bones but leave any meaty bits in the stock.
4. Grate and finely chop a variety of root vegetables to add to the stock. My favourites include: pumpkin, parsnip, carrots, spinach, silverbeet, celery, fennel root.

I often add finely chopped red onion, a bit of grated fresh ginger or fennel seeds.

If you want to boost the stock flavour more you can add a natural stock.

Barley seeds can be a good addition if you tolerate gluten. In Chinese medicine barley has an effect on clearing dampness - great for fluid retention, loose bowel movements and some other digestive conditions.

5. Add everything into the slow cooker with the stock. Cook until vegetables are soft.

Eating a cup a day of this little brew is a good habit to get into.

Freeze leftovers so you have a supply for those days when you are on the run.

Make sure you don't microwave the stock. Allow frozen stores to thaw naturally and then heat in a pot on the stove. This preserves the nutrients and energetics of the bone broth.

Enjoy!