

## Bone broth

- 1 chicken or fish carcass, or a large joint from cow, buffalo, moose, etc
- bones should be from organically raised or wild animals
- add 2-4 litres of water (depends how big the soup pot is)
- add 2-4 tbsp apple cider vinegar (this leaches out the minerals)
- bring to a boil, simmer 1-2 hours or longer until the broth is cloudy
- use in any favourite soup recipe
- there is no lingering vinegar taste if you add some herbs and spices to the soup

you can also add more vinegar to make a sour broth, for hot and sour soup - perhaps the secret of low osteoporosis in China.