

Stove Top Leaky Gut Bone Broth

4 Servings

Ingredients

2lbs/1kg Poultry, fish, seafood, beef or lamb bones.

Options: cooked bones from a previous meal
 Raw bones with or without meat
 Whole carcass or parts - good choices are neck, feet, wings, knuckles

4 Cups of water or enough to cover the bones

1-2 Tbsp Apple Cider Vinegar

1 Medium onion

2-3 Cloves

¼ Cup dried wild mushrooms eg shitake

1 tsp Turmeric powder or 1 rhizome turmeric, peeled and chopped

2-3 Slices of fresh ginger root

1 Tbsp dried oregano

A handful of fresh parsley – to be added in final 30 minutes of cooking.

Method

1. You may want to blanch your bones to remove impurities by boiling them in water for 10-15 minutes. You should always do this with meat bones but with chicken, the difference is negligible, and probably not worth the extra time. The better quality the bones (organic, free-range/pastured, grass-fed, local), the less important the blanching step is, but that's just my experience. I highly recommend trying it out both ways (blanched and not-blanched) to see what works best for you.
2. If you want to roast the bones first, heat the oven to 450°F. Lay the bones out on a rimmed baking sheet and roast until well browned, 25 to 35 minutes. Roasting bones will give a deeper, richer flavour. This is not necessary for a chicken carcass from your roast dinner as these bones have been roasted already.
3. Combine bones, water and vinegar in a pot and bring to the boil. Remove any scum that rises to the top and reduce heat
4. Simmer 4-6 hours for fish or shellfish, 6-48 hours for poultry, 12-72 hours for beef or lamb. The longer the broth simmers the better as this allows more gelatin and nutrients to be released.
5. Add vegetables, spices and herbs for the final hour of cooking. (I generally chuck it all in with the bones at the start...)
6. Strain through a sieve and discard bones and vegetables. If uncooked meat was used, you can reserve this for soups and salads.

7. Cold broth will gel when there is sufficient gelatin present – this comes from feet, wings, knuckles etc. If you only use chicken carcasses, for example, you may find the broth does not gel very much. See my article on Healing the Gut for benefits of gelatin. Broth may be frozen for months or kept in the fridge for about 5 days.
8. Broth can be used in soups, stews or sipped as a warm drink.

Recipe from: <https://www.drkarafitzgerald.com/recipe/leaky-gut-bone-broth/>

Dr. Kara Fitzgerald is lead author and editor of Case Studies in Integrative and Functional Medicine, a contributing author to Laboratory Evaluations for Integrative and Functional Medicine and the Institute for Functional Medicine's updated Textbook for Functional Medicine. She has been published in numerous peer-reviewed journals.

To read more about blanching and roasting bones:-

<https://wholefully.com/bone-broth/>

<https://www.bonappetit.com/test-kitchen/common-mistakes/article/common-mistakes-bone-broth>