**MY BONE BROTH RECIPE**

* 1 leg of any animal (lamb, pork, beef etc…) grass fed, cut into smaller pieces
* 1 piece of muscle meat for taste
* Any giblets you have (liver, feet etc…)
* 2 tablespoons of apple cider vinegar with the “mother” (Bragg’s or Raw)
* Vegetables: organic celery, carrot, leek, onion, garlic
* Himalayan or unrefined rock salt, pepper, any herb
* Put the bone pieces, meat, giblets in a big pan. If there are a lot of bone pieces, use only half and freeze the rest for another batch, as the broth will get hard and gelatinous.
* Cover with filtered water up to an inch from the top.
* Add the vinegar, and let it sit for ½ an hour (1 hour if the bone is frozen). The vinegar extracts all the minerals from the bone.
* Bring to the boil for a few minutes or if you are using a slow cooker (which is advisable, as more convenient), heat on high for the first couple of hours, then turn down to low heat.
* Peel and cut the vegetables into small pieces and add to the water (you can add them at the beginning if it is more convenient).
* Cook for 10 hours or overnight.
* When it is done, put the bone, meat and vegetables aside, and pour the liquid into bottles and let it cool down.
* Blend the vegetables with some broth to make soup, or pan-fry them with some grass fed butter, shallots, garlic with the meat, and eat as a meal, it’s very tasty and the meat is very soft.
* You can also use the bones of a whole chicken with some of the meat and the skin to make chicken broth. Let it only cook for 5-6 hours, as the bones are much smaller.