

HOW TO MAKE BONE BROTH FROM FRESH OR SAVED BBQ BONES RECIPE CARD

Turning your barbeque leftovers into liquid gold

INGREDIENTS

Bones, use a mix if possible:

Marrow bones, chicken frames, chicken feet or necks, brisket bones, lamb bones, saved BBQ or asado bones

Add:

- 1 to 2 onions, chopped
- 3 to 5 garlic cloves
- Ginger slices
- 1 tsp turmeric
- Splash apple cider vinegar or red wine
- Optional crushed eggshells
- Veg scraps, onion skins, carrot tops
- Filtered water, just enough to cover bones

METHOD

1. **Roast if needed.** If using raw bones, roast at 200°C for 30 to 40 mins. BBQ bones go straight in.
2. **Load the pot.** Fill stockpot with bones. Use a high bone-to-water ratio. Add aromatics and vinegar. Cover with water.
3. **Simmer low and slow.** Bring to boil, reduce to very low simmer. Chicken: 12 to 24 hrs Beef or lamb: 24 to 36 hrs Skim if needed.
4. **Strain and store.** Strain and cool. Broth should set like jelly when chilled. Store in fridge or freeze in portions.

👉 [Click here to watch a quick video in YouTube](#) | [Check out the full recipe in our online blog here](#)

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