

Beef bones – beat the cold and flu season!

Boost your immune system!

Our modern lifestyle brings many benefits, such as easy access to quality food, but it also brings time pressures. Fewer of us are eating “nose to tail”, and prefer to stick with lean, quality cuts, such as steaks and chicken breasts, which are less rich in minerals and vitamins.

As well as being rich in protein, bones are a source of minerals such as Glycine, which supports the gut, and helps promote digestion. Also, Proline and gelatin, for good skin health.

Ardross bones are from 100% grass-fed cattle.

Bone broth will provide the building blocks needed by your gut and immune system to see you safely through the flu season!



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How to Make Bone Broth (Stock)

The longer you cook the bones in water, the richer, healthier and more flavoursome it will become. You want the liquid to be slightly acidic, to draw out the nutrients from the bones. Roast the bones first to build even more richness and flavour into your broth.

1. Roast 2 kilos of beef bones, 2 roughly chopped carrots, 2 medium onions and a leek in a roasting pan for about 40 minutes at 220°C, Gas Mark 8, until well browned.
2. Put the above in a stock pot with celery, bay leaves, peppercorns and a table spoon of good vinegar or lemon juice and fill up the pot with fresh water. Bring to the boil and then lower to a simmer for 8 to 24 hours.
3. The longer you cook it the better your stock will be. Add more water if necessary. Alternatively, use a slow cooker or pressure cooker. Strain it through a sieve, coffee filter or muslin for a smooth broth.

Your broth will keep for up to 4 days in the fridge, or six months in the freezer.

Ideas for using your Beef Broth (Stock)

Once you have your beef broth it can be used in many ways – as a warming, nutritious drink, as the basis for delicious gravy or soup, or use it when boiling vegetables for extra flavour.

Hot tip! If you can't or don't want to make your own broth, we sell frozen beef stock made from our own beef bones.