

Home-made Bone Broth



In the flickering glow of your hearth, gather 1 to 2 kilograms of bones beef or chicken then anoint them with the fire's kiss, roasting at the witching heat of 200 to 220°C (400 to 425°F) until they turn a rich, enchanted brown.

Into a cauldron deep and wide, pour the bones and summon the magic of 2 tablespoons of apple cider vinegar, alongside the earthy charms of chopped carrots, celery, onion, garlic, and sacred herbs.

Let the potion simmer slowly beef bones for 8 to 12 hours, chicken for 4 to 6 whispering its strength into the broth.

When the time ripens, strain the broth, cool it beneath the moon's watchful gaze, and store this nourishing spell to heal and sustain body and soul.



Ingredients

Bones: 1 to 2 kg (2 to 4 lbs) of marrow, knuckle, or shank bones (beef) or carcasses (chicken)

Acidity: 2 tablespoons of apple cider vinegar from the mother (crucial for extracting minerals)

Vegetables & Aromatics: All Organic - 1 onion, 2 carrots, 2 celery sticks, garlic, bay leaves, and peppercorns

Method

1) Ignite the Hearth: Preheat your oven to a mystical 200–220°C, and lay your bones upon a tray. Roast them for 30–40 minutes, until their edges turn a deep, magical brown, awakening their hidden powers.

2) Gather the Circle: Into your grand cauldron, summon the roasted bones, the enchanted vegetables, fragrant herbs, and a splash of vinegar each a vital ingredient in your potion of strength.

3) Call the Flames: Pour water to cover the gathering, and bring the brew to a bubbling boil. Then, lower the flames to a gentle simmer, allowing the magic to deepen and mature for 8–12 hours or up to 24, should you desire a potion rich with ancient flavour.

4) Purify the Essence: As the brew simmers, tend to it carefully skim away any rising foam or fat. When ready, strain the liquid through a fine-mesh sieve, capturing only the purest broth.

5) Preserve the Spell: Let your potion cool fully beneath the watchful moon, then store it safely in the cold vault of your fridge for 5 to 7 days or freeze it, preserving its vitality for up to 6 moons.