



Beef Marrow Broth

A real health treasure that is full of flavor.

Nutrition Facts/100 ml of broth: Calories 17, Protein 3g, Carbs 1g, Fat 0g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 20 min, **Cooking Time:** 8-12 hours



INGREDIENTS

Beef Bones

Carrot, Zucchini, Bell Pepper,

Onion, Garlic, Ginger

Coriander, Parsley, Dill

Whole Spices

Olive Oil

METHOD

1. Place a heavy pot over medium heat, add oil and swirl to heat.
2. Add the beef bones, and brown all over.
3. Add 4 liters of cold water and increase heat to high.
4. Skim carefully any froth that forms and discard.
5. When no froth forms, add all other ingredients, and return to boil.
6. Cover, reduce heat to lowest and cook for 8 hours covered.
7. Remove cover and cook on low heat for 4 hours further.
8. Strain using a colander and retain all liquid. Do not press but allow to strain naturally.
9. If desired, allow broth to cool until fat solidifies and skim.

This should yield around 1.5 - 2 liters of liquid. Divide into 200 ml containers or any size you desire. Retain required quantity and freeze the balance.