**BONE BROTH**

**CHEF TRISHA HENNESSY**

**Simple to make just the cooking time takes takes an age. That is where all the goodness comes from, low & slow with the addition of pure cider vinegar pulls all the collagen from the bones. That is where the magic occurs.  
Later in the year I'll bring you my very special recipes for chicken, vegetable and beef broth.  
  
In my childhood I remember being dispatched on my bike with a flask of beef tea to ailing neighbours. My memory tells it was made with shin beef , a cows hoof & garden vegetables & medicinal herbs. It was on the back of the cooker for 2 days being topped up with water, eventually being strained through muslin until this treacle type liquid emerged. It was an all time cure for all diseases.  
  
So back to bone broth- why is good for us,  
*1. Boost  immunity.  
2. Alleviates common cold & bronchitis.  
3. Fights inflammation.  
4. Strengthens bones & teeth.  
5. Promotes weight loss.  
6. Builds muscle.  
7. Improves mood.  
8. Anti-ageing.  
9. Can improve sleep.  
10. Helps normalise stomach acid, which is useful for colitis, coeliac disease, ulcers and other inflammatory gut conditions.*  
  
For decades, food manufacturers have being trying to sell us energy drinks, over the counter drugs, antibiotics, weigh loss potions & energy pills.  
Well, there is something you can take for better health in mind & in body, but it’s not one of the above.  
IT'S BONE BROTH.**

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