

## **NxJ Test Kitchen Thursdays with Chef Dani Chavez-Bello – 2 February 2023**

The first Thursday of every month, Chef Dani will teach LIP to show how to cook delicious, gut-healthy foods to upgrade your health and well-being.

In this edition, we'll be making bone broth. It tastes amazing and is great for your digestion, and has lots of nutrients that may also help joints, immunity, skin, sleep and more.

Here's what you'll need, and the recipe:

(Ingredients for 10 portions)

- 1 lb chicken bones (carcass) (sold at whole foods but if you need to substitute, you can use any cut of chicken with bones)
  - 2 lb veal short ribs bone in (sold at whole foods but if you need to substitute, you can use any cut of beef with bones)
  - 2 lb ox tail
  - 1 head of celery root
  - 1 lb Idaho potatoes
  - 1 lb carrots
  - 2 leeks
  - ½ bunch of parsley
  - ½ bunch of cilantro
  - 1 branch of rosemary
  - 2 spoons of olive oil
  - Salt
  - Water 8 quarts
- Use your biggest soup pot.

Preparation:

- 1-Cut all the vegetables except leeks in mirepoix (diced half-inch size)
  - 2-Cut the leeks lengthwise in halves and thinly slices
  - 3-Roast the chicken bones and beef bones in the oven at 350 degrees F for 10 minutes
  - 4-In a soup pot, cook the vegetables with olive oil, starting with the leeks on low, then after 10 minutes add the rest of the vegetables, cook for 5 more minutes, and then add the meat and the bones and pour in the water.
- Let it simmer for 2 hours, then add the herbs and seasoning, cover it and simmer with lid on for 30 more minutes.