



CHINESE MEDICINE BONE BROTH

PREPPING TIME: 1 HR

COOKING TIME: 4-6 HRS

INGREDIENTS

Bones:

- 2-3 pounds of high-quality, organic beef or chicken bones (such as marrow bones)

Vegetables:

- 1 large onion, coarsely chopped
- 2 carrots, coarsely chopped
- 3 celery stalks, coarsely chopped
- 4-5 cloves of garlic, smashed
- 1-2 inches of fresh ginger, sliced

Herbs and Spices:

- 2-3 dried shiitake mushrooms (optional)
- 1 tablespoon of goji berries
- 2-3 slices of astragalus root
- 2-3 slices of licorice root
- 1 cinnamon stick
- 3 dried red dates (Jujube dates)

Seasonings:

- 2 tbsp of soy sauce or tamari
- 1 tbsp of rice vinegar
- Salt and pepper to tastes

Water

- Enough to cover the ingredients in your pot.

NOTES

According to Chinese Medicine, in the cooler months, it is important to incorporate warming herbs and spices to keep our qi healthy and balanced. Bone broth itself is a great food for building up qi and blood, and nourishing our kidneys, which can always use a little love at this time of year.

DIRECTIONS

Preparation

1. Rinse the bones thoroughly under cold water
2. If using beef bones, roast them in the oven at 400°F (200°C) for 30 minutes to help break down the marrow
3. In large stockpot, add the bones and cover with water

Boil

1. Bring the water to a boil over high heat
2. Let boil for 10-15 min to remove any impurities. Skim any foam or scum off that rises to the surface

Simmer

1. Reduce heat to low and add all the vegetables, herbs, and spices.
2. Add soy sauce or tamari, rice vinegar, salt, and pepper.
3. Simmer the broth on low heat for at least 4-6 hours. The longer you simmer, the richer the broth will be. Can simmer for up to max of 24 hours.

Season

1. Taste the broth and adjust seasoning accordingly.
2. Strain
3. Once broth is at desired flavor, strain through a fine-meshed strainer to remove the solids.

Enjoy!

1. Storage – allow broth to cool completely before refrigerating or freezing.

NOTES

Remember, Chinese medicine is all about balance. This recipe is a great way to incorporate warming and qi building herbs in the cooler winter months. Feel free to modify this recipe based on your own flavor preference. As always, contact your Chinese Medicine Practitioner for any specific health concerns or modifications.

AUTHOR



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