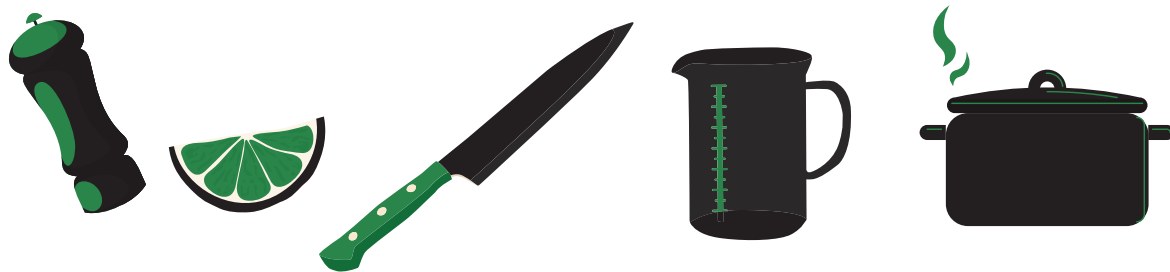


beef & lamb bone broth



Makes: **1500 ml**

Cook time: **6 hours**

Prep time: **45 min**

950 g	Beef bones
950 g	Lamb bones
3000 ml	Cold water
126 g	Onions
65 g	Carrots
65 g	Celery
65 grams	Tomato paste
1	Bay leaf
2.5 ml	Dried thyme
2.5 ml	Crushed peppercorns
1	Crushed garlic clove
4	Parsley stems
10g	Butter

1. Blanch the bones in water for 5 minutes.
2. Drain out the water and place bones in an oven tray and brown at 240°C for 20 minutes.
3. Chop onions, carrots, and celery.
4. Make a herb sachet from bay leaves, black peppercorns, and dried thyme and parsley stems.
5. In a saucepan, heat butter and olive oil, add chopped vegetables, and brown.
6. Add browned bones and vegetables to a pressure cooker and fill with water.
7. Add tomato paste and herb sachet.
8. Pressure cook for 3 hours
9. Remove from the heat, release the pressure.
10. Remove bones and strain the broth through a fine-mesh sieve.
11. Allow to cool at room temperature and store in the refrigerator for 2 weeks or the freezer for 3 months.

This Basic beef and lamb bone broth recipe was developed by Runyararo Tiwirayi Mhere and Simmy Maenetsa as part of the Recipe Development and Standardization module which is offered by the Department of Consumer and Food Sciences at the University of Pretoria.