lomb broth with citrus



Makes: **1500 ml** Prep time: **45 min** Cook time: **6 hours**

Carrots 40 g 40 g Celery 60 g Onions 120 ml Lemon juice 300 g **Oranges** 2000 ml Water 1000 g Lamb bones 10 g Thyme

- 1. Rinse lamb bones in cold water.
- 2. Roughly chop carrots, celery, onions, and oranges.
- 3. In a stock, pot add bones, chopped ingredients, and thyme, and top up with water and lemon juice.
- 4. Close with lid and cook on low heat for 6 hours.
- 5. Strain broth and allow to cool.
- 6. Refrigerate/freeze once cooled and store until ready for use.

This recipe was developed by Nastasiya Vrey part of the Recipe Development and Standardization module which is offered by the Department of Consumer and Food Sciences at the University of Pretoria