



NOURISHING BROTH & STOCK

Pioneerland Quest PNR-Q05, From Veggie Scraps To Broth / Stock

Overview

Food is a fun experiment and there's loads of fun to be had in quest PNR-Q05. In this Quest you explore how awesome nature is, because you can always do something with the scraps of foods grown in nature. In this quest you collect the vegetable scraps from your kitchen for 1 week. Then you will use them to make a delicious broth or stock. this quest in the 3 Minute Noodle and Vegetable Minestrone Soup Cook-Along.

Both broth and stock are great for your gut health, but a stock is a little gentler on your tummy if you have allergies and other conditions (please watch the Illuminate Session Guest Interview with Justine Moore to determine whether you are better to make a broth or a stock.

Broth or stock helps your digestion and helps keep you strong on the inside (it's good for your immunity). You can use it many different ways:

- Warm drink
- Soups
- Stews
- Use it in mashed potato
- Cook pasta
- Cook rice
- Poach eggs
- Make gravy
- Sautee vegetables

EQUIPMENT

- Large pot
- Measuring spoons
- Long handled spoon
- Colander
- Large bowl
- Storage jars, containers or zip lock bags

BROTH INGREDIENTS

	<p>Vegetable Scraps Collect your vegetable scraps for 1 week, including onion skins. You can also collect your egg shells and put them in with the scraps.</p>	<p>The egg shells when cooked will release calcium which is great for the strength of our teeth and bones). <i>(note, depending on how many scraps you collect, you may wish to add 2 carrots, 1 onion, 1 zucchini, 2 sticks of celery)</i></p>
	<p>If not vegetarian or vegan: 2-4 chicken frames or 1.5 kilos of Chicken Drumsticks</p>	<p>The bones when cooked will release gelatin and this is what is good for our gut.</p>
	<p>2 tbs Apple Cider Vinegar</p>	<p>The apple cider breaks down the collagen in the chicken bones and this helps make the gelatin.</p>
	<p>1 tsp Sea Salt</p>	<p>I use Changing Habits Seaweed Salt that I buy from The Wholefood Collective</p>
	<p>4-5 Peppercorns</p>	<p>Add seasoning to the mix</p>
	<p>1 Bay leaf</p>	<p>Add seasoning to the mix</p>
	<p>Water</p>	<p>Add seasoning to the mix</p>

BROTH METHOD

1. Place your vegetable scraps and chicken frames / pieces (if using) into a big pot.
2. Cover all ingredients with water (usually about 3-4 litres).
3. Add Apple Cider Vinegar and allow the pot to sit for 30 minutes.
4. Add the remaining ingredients.
5. Bring to boil.
6. Skim off any scum that floats to the surface.
7. Turn down to low and simmer. If you're using chicken drumsticks, at the 3 hour mark, remove them and pull off the flesh, you can use freeze this and use it in soups or stews. Then put the bones back into the pot.
8. Continue to simmer the pot for 12 hours.
9. Allow to cool slightly, then strain using your colander (place colander in your big bowl)
10. Set aside the leftover bones and vegetables. (see note below)
11. Use a pouring jug to pour your broth into jars or containers. It's easiest if you store it into useable amounts – eg. 500ml, 750ml or 1 ltr. I always keep 750ml in my fridge to use in my cooking, and freeze the rest. Then I take it out of the freezer the day before I need to use it.

Notes – How To Use The 'Scraps' From Your Broth

Once you have strained your broth, you can use the scraps of the vegetables and bones in the following ways:

1. Remove the bones and then process the vegetable scraps into a paste. You can freeze this into ice cubes and use it in gravies and stews for extra flavour.
2. Leave the bones in and use a food processor to mix it all up, then you can serve it to your dog if you have one.



STOCK INGREDIENTS

This recipe has been provided by Justine Moore from Nourishing Love Nutrition.

	<p>Vegetable Scraps</p> <p>Collect your vegetable scraps for 1 week, including onion skins. You can also collect your egg shells and put them in with the scraps.</p>
	<ul style="list-style-type: none">• 1- 1.5 kg of chicken half, whole or pieces such as drumsticks.• 250g chicken feet optional (produces more gelatin)• 1-2 medium onions diced (or use tolerated vegetables like leek)• 4-6 cloves garlic• 1 large carrot diced (or use tolerated vegetables)• 3-4 sticks celery diced (or use tolerated vegetables)• 2-3 bay leaves• 1/2 tsp celtic sea salt or Himalayan salt• 4-5 peppercorns

STOCK METHOD

1. Place the whole chicken or chicken pieces in the pot.
2. Cover with water (filtered if possible).
3. Add diced vegetables, bay leaves, salt and peppercorns. Ensure all the ingredients are covered with water.
4. Bring to the boil. Skim any scum from the surface and discard.
5. Reduce heat to a very gently simmer for around 2 hours or longer (if tolerated). If you have issues with histamines - just cook for long enough for the meat to be cooked through (around 40 mins - 1 hour). As tolerance improves increase cooking time.
6. Use as a base for stews, soups and sauces.

Here's some instructions about storing:

1. Allow to cool slightly, then strain using your colander (place colander in your big bowl)
2. Remove the meat and bones. Remove the meat from the bones and allow it to cool. Then either keep to use out in another stew or soup, or freeze it to make a chicken soup in the future.
3. Set aside the leftover bones and vegetables. (see notes in the broth recipe)
4. Use a pouring jug to pour your broth into jars or containers. It's easiest if you store it into useable amounts – eg. 500ml, 750ml or 1 ltr. I always keep 750ml in my fridge to use in my cooking, and freeze the rest. Then I take it out of the freezer the day before I need to use it.