



Fish Bone Broth

LEVEL: Easy

PREP TIME: 30 mins

COOK TIME: 4 hours

This delicious broth is a great example of eating nose to tail by using every part of an animal.

It's also turbo charged with nutrients: calcium, gelatin and collagen for bones and joints, vitamins and omega 3 for brain health, electrolytes for hydration, and iodine for thyroid. If you feel sick of the fishy smell, feel free to add more ginger with extra gut healing effect.

Ingredients

- 1 tbsp ghee or cooking oil, 3-4 tbsp ginger, peeled and sliced
- 1 onion, peeled and sliced
- 1 pack of salmon fish head & bones
- Pink salt to taste & generous amount of pepper
- 1 tsp oregano or thyme or any dried herbs
- 1/4 cup mirin or Japanese rice wine
- 2-3 tbsp coconut aminos or miso paste
- 1.5-2 litres hot water
- 1 turnip or daikon, peeled and cut into large chunks
- 1 bunch of spring onions, chopped

Method

- Heat 1 tbsp ghee over medium heat in a frying pan or directly in a large soup pot if there is enough space.
- Sauté the ginger and onions for about 5 minutes until translucent.
- Add salmon, followed by 1 tsp dried herbs, salt and pepper.
- Continue to cook for a few minutes until the salmon looks more cooked, then add mirin and coconut aminos. Cook for another minute.
- Transfer the contents into a soup pot if using frying pan.
- Turn the heat to low, add daikon and hot water, then simmer under low heat for about 3-4 hours until the bones disintegrate.
- Remove foam with a skimmer and add spring onion before drinking.
- Strain before saving any leftovers. Store in a large jar and keep refrigerated for up to a few days or freezer for about 2 weeks.