

basic lamb bone broth



Makes: **1500 ml**

Prep time: **45 min**

Cook time: **6 hours**

1500 g	Lamb Bones
15 ml	Olive oil
250g	Onions
125 g	Celery
125 g	Carrots
2000 ml	Water

1. Pre-heat oven to 180 c.
2. Place bones on an oven sheet and roast them for 30 minutes or until golden brown.
3. In the pressure cooker, heat oil and fry the onions, celery, and carrots in oil until browned.
4. Remove the bones from the oven and add them to the fried vegetables in the pressure cooker.
5. Cover the bones with 2000ml of water and leave to cook for 6 hours.
6. Remove the bones and strain the broth through a fine-mesh sieve and allow it to cool.
7. Refrigerate/ freeze until ready to use.

This recipe was developed by Abigail Jacob 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