

## Instructions

1. Use big chunks of veg OR the juicing pith from root vegetables (carrot, beetroot), sweet potato, squash, and celery. We don't use the pith from greens as it makes the broth bitter.
2. Add veg to a large pot or slow cooker with a proportion of  $\frac{1}{3}$ - $\frac{1}{2}$  pith to water. It's important not to overfill the pot so that there is *plenty* of liquid to strain out. We also like to add a couple of chaga mushroom chunks to the broth for nutritional fortification.
3. Add bay leaves, peppercorns, whole red onions cut in half WITH the skins on/roots off (adding colour and flavour), garlic cloves cut in half (also with skins on) and bring to the boil until onions are soft.
4. Turn the heat down and simmer for a minimum of 3 hours to extract all the goodness from the vegetables. We simmer the TMD broth for about 6 hours in the warming oven of the Aga!
5. Strain well using a sieve, discarding the pulp.
6. We add Halen Môn's roasted garlic salt for flavour after it's been strained.
7. Serve warm with microgreens such as alfalfa sprouts, rambo radish sprouts etc. and a mixture of spices, nutritional yeast, shelled hemp seeds.

8. To make bone broth, simply add an organic bone(s) to step 2. For marrow bones, I repeat the procedure getting two pots of broth from one bone.

### Note

This stock is very mineral rich and is sometimes called a Potassium Broth. It can be used as the base for soups and also to cook pulses and grains in, adding extra flavour and nutrition.

