

A close-up photograph of a metal strainer pouring a golden-brown liquid into a pot of similar liquid, creating ripples. The liquid is being poured from a metal strainer, and the pot is white. The liquid is a rich, golden-brown color, and the ripples are visible on the surface of the liquid in the pot.

Your Bone Broth Cookbook



THE (SUPER)POWERS OF BONE BROTH

Our bone broth is made with bones from pasture-raised animals and slow-simmered to release all the nutrients that support your body from the inside out. Rich in collagen, amino acids, and essential minerals, our broths can support joint health, enhance immunity, promote a balanced digestive system, support weight loss and may aid sleep. Sounds too good to be true? Find easy recipes from us for you on the next pages that create nourishing, delicious meals that let our TPT bone broth shine. Your journey to wellness begins with the first simmer, enjoy!

OUR RECIPES FOR YOU

Bone Broth Beverage page 04

Chicken broth Risotto page 05

Chicken Ramen page 07

Beurre Blanc Sauce page 09

Dumplings in beef broth page 11

Beef Pho page 13

The perfect Bolognese page 15

Wild mushroom and venison soup page 17

Venison Stew page 19

Red wine velute page 21



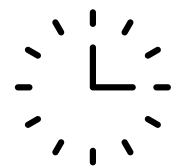


BONE BROTH BEVERAGE

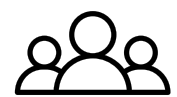
Simply grab your favourite The Peninsula Tribe (TPT) bone broth flavour from your freezer and defrost the content. Once defrosted heat the broth in a pot on your stove. Serve the broth in your favourite cup and enjoy as a hot savoury beverage.

Ingredients

- 1 tub of TPT bone broth (choose your favourite flavour)



5 Minutes



2 People



TIP: You can add fresh herbs or edible flowers to make this drink extra comforting.

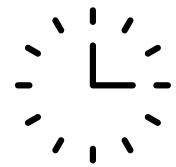


CHICKEN BROTH RISOTTO

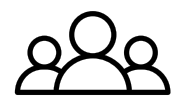
This recipe is one of our favourites and tastes amazing with our Chicken Bone Broth.

Ingredients

- 1 cup arborio rice
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 2 tbsp olive oil/butter
- 2 tbsp thyme
- 125 ml cup white wine
- 2 tubs TPT chicken bone broth
- 1 cup cooked chicken, shredded (optional)
- 1/2 cup grated Parmesan cheese
- Salt and pepper to taste
- 2 tbsp lemon juice
- Fresh microgreens (for garnish)



40 Minutes



4 People



TIP: Use good quality arborio rice to get the perfect creamy texture.



Method

1. In a large saucepan, heat olive oil/butter over medium heat. Add onion, garlic and thyme, sauté until translucent.
2. Add arborio rice to the pan, stir and toast for 1-2 minutes.
3. Pour in white wine, stirring constantly until almost evaporated.
4. Begin adding the chicken bone broth, one ladle at a time, stirring frequently and allowing the liquid to be absorbed before adding more.
5. Continue adding broth and stirring until the rice is creamy and al dente, about 18-20 minutes.
6. Stir in the Parmesan cheese. Add shredded chicken if preferred.
7. Season with lemon juice, salt and pepper to taste.
8. Serve hot, garnished with fresh microgreens.

Enjoy your delicious Chicken Risotto made with nutritious chicken bone broth

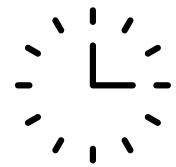


CHICKEN RAMEN

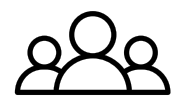
We love whipping up a quick ramen with bone broth, there is no better feel good meal. For a ramen you can use any of our bone broth flavours, but for this recipe we will use our chicken bone broth.

Ingredients

- 2 cloves garlic, minced
- 1 tbsp of olive oil/butter
- 1 thumb size piece of ginger, grated
- 2 tbsp soy sauce
- 1 cup of vegetables of your choice
- 2 tubs TPT chicken bone broth
- 2 chicken breasts, thinly sliced
- 1 packet of ramen noodles/buckwheat noodles/ rice noodles – cooked separately
- 4 Free-range eggs
- Fresh microgreens (for garnish)



30 Minutes



4 People



TIP: You can add a bit of chilli to this to spice it up a notch.



Method

1. In a large pot, heat olive oil/butter over medium heat. Add minced garlic and grated ginger, sauté until fragrant.
2. Add sliced chicken breasts to the pot and cook until browned on both sides.
3. Pour in the chicken bone broth and soy sauce. Bring to a simmer. Add vegetables and simmer until cooked.
4. Crack the eggs directly into the simmering broth and poach in the broth for 3 – 4 minutes. You can also add pre-boiled eggs instead.
4. Cook the noodles separately according to package instructions. Drain and set aside.
5. Divide the cooked noodles into serving bowls.
6. Ladle the hot broth, vegetable, egg and chicken over the noodles in each bowl.
7. Garnish with fresh microgreens.
8. Serve hot and enjoy your comforting Chicken Ramen made with flavourful chicken bone broth!

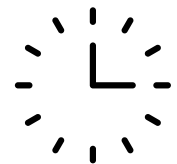


BEURRE BLANC SAUCE

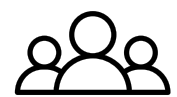
This sauce can bring flavour to the most simplest meal and is great with fish or chicken. We like to add our chicken broth to this recipe as it keeps it light and comforting.

Ingredients

- 4 shallots, finely chopped
- 1/2 cup white wine
- 1/4 cup white wine vinegar
- 1 tub TPT chicken bone broth
- 1 cup heavy cream
- 1 cup unsalted butter, cubed
- Salt and pepper to taste
- 2 tbsp lemon juice
- Microgreens for garnish



15 Minutes



4 People



TIP: You can also swop the heavy cream for coconut cream.



Method

1. In a saucepan, sauté the shallots in a bit of butter until softened.

2. Deglaze the pan with white wine and white wine vinegar. Let the mixture simmer and reduce by half.

3. Add the chicken bone broth and simmer for a few minutes until slightly reduced.

4. Pour in the heavy cream and continue to simmer until the sauce thickens slightly.

5. Reduce the heat to low and slowly whisk in the cubed butter, a few pieces at a time, until fully incorporated and the sauce is smooth.

6. Season the sauce with lemon juice, salt and pepper to taste.

7. Serve the Beurre Blanc Sauce over your favourite protein - such as pan-seared fish, scallops, or chicken.

8. Garnish with microgreens before serving.

Enjoy this flavourful Beurre Blanc Sauce with a rich depth of flavour from the addition of chicken bone broth.

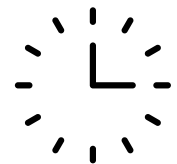


DUMPLINGS IN BEEF BROTH

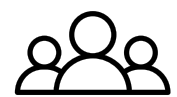
This is one of our favourite starters as it is so quick to prepare and full of flavour. We love the cinnamon and star anise flavours that come from the beef bone broth.

Ingredients

- Frozen dumplings or make your own
- 1 tub TPT beef bone broth
- Butter or olive oil
- Soy sauce
- Microgreens (for garnish)



15 Minutes



2 People



TIP: A small sprinkle of sesame seeds works well with this dish.



Method

1. In a large skillet or frying pan, heat butter or olive oil over medium heat.
2. Add the frozen dumplings to the pan in a single layer, making sure they are not touching.
3. Allow the dumplings to fry for a few minutes until the bottoms turn golden brown.
4. Carefully pour the beef bone broth into the pan, covering the dumplings halfway.
5. Cover the pan with a lid and reduce the heat to low.
6. Allow the dumplings to simmer in the broth for about 10 minutes or until they are cooked through.
7. Add a splash of soy sauce for flavor and mix gently.
8. Serve the dumplings hot in a bowl, garnished with microgreens or sesame seeds.

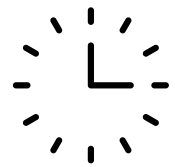


BEEF PHO

This Beef Pho stands out for its rich and aromatic flavours and has become one of our most memorable meals. The perfect choice if you are looking for something to warm up.

Ingredients

- 300 g beef brisket or sirloin, thinly sliced
- 1 tub TPT beef bone broth
- 1 onion, halved and charred
- thumb size piece of ginger, charred
- Salt and pepper to taste
- Rice noodles, cooked according to package instructions
- Microgreens and lime wedge for garnish



30 Minutes



2 People



TIP: You can easily add some vegetables to this dish, simply add in step 2 to cook in broth.



Method

1. In a large pot, bring the beef broth to a simmer over medium heat.
2. Add the charred onion and ginger to the broth. Let it simmer for about 15 minutes to infuse the flavours.
3. Add salt, and pepper to the broth, adjusting the seasoning to taste.
4. In a separate pot of boiling water, blanch the beef slices for a few seconds until cooked.
5. To assemble the pho, divide the cooked noodles among serving bowls. Top with the blanched beef slices.
6. Ladle the hot beef bone broth over the noodles and beef in each bowl.
7. Serve the pho hot, garnished with microgreens and a lime wedge.

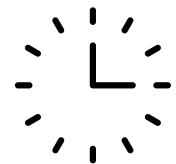


THE PERFECT BOLOGNESE

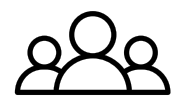
We love how the collagen-rich bone broth enhances the overall taste and also provides a boost of essential nutrients for a well-rounded meal.

Ingredients

- 500 g ground beef
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 carrot, finely diced
- 1 celery stalk, finely diced
- 1 tub TPT beef bone broth
- 2 cans Italian tomatoes
- 2 tablespoons tomato paste
- 1/2 cup red wine
- Salt and pepper to taste
- teaspoon dried oregano
- 1 teaspoon dried basil
- 1/2 teaspoon dried thyme
- Olive oil for cooking
- Cooked pasta
- Grated Parmesan
- Microgreens (garnish)



60 Minutes



4 People



TIP: Let the sauce simmer on low heat for a longer period of time to deepen the flavour.



Method

1. In a large skillet or pot, heat olive oil over medium heat. Add the onion, garlic, carrot, and celery, and cook until softened.
2. Add the ground beef to the skillet and cook until browned, breaking it up with a spoon as it cooks.
3. Stir in the crushed tomatoes, tomato paste, and bone broth. Add the red wine and season with salt, pepper, oregano, basil, and thyme.
4. Bring the mixture to a simmer, then reduce heat to low and let it cook for about 1-2 hours, stirring occasionally.
5. Serve the Bolognese sauce over cooked pasta and garnish with grated Parmesan cheese.

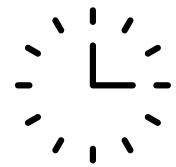


WILD MUSHROOM VENISON SOUP

For those craving something unique, our Venison Bone Broth offers a rich profile that is deeply satisfying and gives this soup an amazing wild and earthy flavour.

Ingredients

- 200 g venison meat, cubed
- 2 tubs TPT venison bone broth
- 1 cup mixed wild mushrooms, sliced
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 carrots, diced
- 1 celery stalks, chopped
- 1 tsp thyme
- Salt and pepper to taste
- Fresh microgreens for garnish



30 Minutes



2 People



TIP: You can use roasted mushrooms to intensify the earthy flavour.



Method

1. In a large pot, heat some oil over medium heat and brown the cubed venison meat.
2. Add the chopped onion, minced garlic, diced carrots, and chopped celery to the pot. Cook until vegetables are softened.
3. Pour in the bone broth and bring the soup to a simmer.
4. Add the sliced wild mushrooms and thyme to the pot. Season with salt and pepper.
5. Let the soup simmer for about 20 minutes to allow the flavors to meld together.
6. Taste and adjust seasoning if needed.
7. Serve the Wild Mushroom and Venison Bone Broth Soup hot, garnished with fresh microgreens.

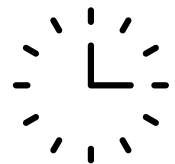


VENISON STEW

We love a hearty and flavourful stew and the venison bone broth enhances the rich essence of game meat and is packed with collagen.

Ingredients

- 500 g venison stew meat, cubed
- 2 tbsp olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 2 carrots, sliced
- 2 celery stalks, chopped
- 1 cup red wine
- 1 tub TPT venison bone broth
- 2 cans Italian tomatoes
- 2 bay leaves
- 1 tsp dried thyme
- Salt and pepper to taste
- 2 cup potatoes, diced
- Fresh microgreens (for garnish)



120 Minutes



4 People



TIP: Simmer for an extended period of time to allow the venison to become tender and delicious.



Method

1. Heat olive oil in a large pot over medium heat. Add the venison stew meat and cook until browned on all sides. Remove the meat and set aside.
2. In the same pot, add the onion and garlic. Sauté until fragrant.
3. Add carrots and celery, cooking for a few minutes until they begin to soften.
4. Deglaze the pot with red wine, scraping up any browned bits from the bottom.
5. Add the browned venison back into the pot. Pour in the venison bone broth and add cans of Italian tomatoes.
6. Stir in bay leaves, dried thyme, salt, and pepper. Bring the stew to a simmer.
7. Let the stew simmer for about 1.5 to 2 hours, until the meat is tender.
8. Add potatoes to the stew. Continue simmering until the vegetables are cooked through.
9. Adjust seasoning with salt and pepper as needed. Remove bay leaves.
10. Serve the venison stew hot, garnished with fresh microgreens.

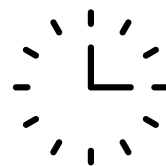


RED WINE VELOUTE SAUCE

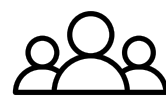
This rich and flavourful sauce made with venison bone broth will enhance the taste of your dishes.

Ingredients

- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1 cup red wine
- 1 tub TPT venison bone broth
- Salt and pepper to taste
- Optional: minced shallots, garlic, or herbs for added flavor



30 Minutes



4 People



TIP: Gradually add red wine to roux mixture while whisking to fully incorporate the flavors



Method

1. In a saucepan, melt the butter over medium heat.
2. Add the flour to the melted butter and whisk constantly to create a roux. Cook the roux for a few minutes until it turns a light golden color.
3. Slowly pour in the red wine while continuously whisking to incorporate it into the roux.
4. Once the red wine is fully incorporated, gradually add the venison bone broth while whisking to prevent lumps from forming.
5. Bring the sauce to a simmer, stirring occasionally, and let it cook until it thickens to your desired consistency.
6. Season the sauce with salt, pepper, and any optional ingredients like shallots, garlic, or herbs for added flavor.
7. Simmer the sauce for a few more minutes to allow the flavors to meld together.
8. Remove the sauce from heat and strain it through a fine-mesh sieve if desired for a smoother texture.
9. Serve the Red Wine Velouté Sauce warm over your favourite venison dishes or other meats.