



## CREAMY TAHINI BONE BROTH

Vata ↓, Pitta ↑, Kapha ↑

**Makes:** 12 cups

**Prep Time:** 15 minutes

**Cook Time:** 6 to 16 hours (with slow cooker)

### INGREDIENTS

- 12 cups water
- 2 pounds chicken drumsticks (or any preferred chicken with the bone left in)
- 3/4 cup raw tahini
- 3 tablespoons Agni Churna\*
- Fresh ginger (2 inch cube), finely chopped or thinly sliced
- 1 to 2 lemons, juiced\*\*
- Large pinch cayenne pepper (optional)\*\*
- Freshly ground black pepper to taste\*\*
- Salt to taste (sea salt or pink Himalayan is best)\*\*
- Chopped, green onions, for garnish

\*Agni Churna can be replaced by 1 teaspoon each of powdered turmeric, fennel, coriander, brown mustard seed and cumin.

\*\*Begin with a small amount of these ingredients and add in more after tasting only if needed - a little will go a long way!

### DIRECTIONS

1. Place 12 cups of water a crock pot.
2. Add in the chicken meat and freshly grated ginger. Set the pot to a low setting for 12 to 16 hours or high setting for 6 to 8 hours.
3. After the allotted time, strain out the meat and ginger using a mesh strainer and pour the broth into a large gallon size pot.
4. Add in the Agni Churna, tahini, lemon juice, salt, freshly ground pepper, and cayenne pepper. Using a hand blender, blend the ingredients evenly together until a creamy liquid forms.

**NOTE:** If a regular blender is being used, add a portion of the broth along with all the listed ingredients in #4 and blend on a low setting until evenly blended. Add the creamy, blended broth to the remaining broth in the stock pot and stir well until they blend together completely.

5. Your creamy broth is now ready to enjoy! You can serve it up in small bowls or mugs and garnish each serving with a small handful of green onion.
6. Sip on this creamy broth and enjoy it as a snack, appetizer or side dish. However you decide to enjoy this broth, it is recommended to drink about 1 cup per day to get continuous nourishment and noticeable health benefits from this traditional remedy.

**Storage tip:** This broth can be refrigerated and stored in an airtight glass jar or tupperware container for up to 5 to 6 days.

**Pairing tip:** Try pouring this broth over steamed veggies to make them more exciting, or over quinoa to increase the protein content and make the broth a bit heartier. It can be used as a base for soups or kitchari to create a creamy texture and enhance the flavor and nutrient content!

## **OPTIONAL DOSHIC VARIATIONS**

### **Vata:**

This recipe is an excellent tonic for pacifying Vata due to its warm, creamy nature. It is high in nutrients that are easy to digest and absorb. It is overall heating, anabolic (building), and very nourishing. No changes need to be made, although Vata Churna can replace the Agni Churna to make it even more Vata-reducing.

### **Pitta:**

This particular broth recipe can be a bit too warming for Pitta types. Therefore it is best enjoyed during the cooler seasons to avoid provoking excessive heat in the system. If it is still too heating for your Pitta, one should use white meat chicken (bone-in) rather than dark meat, reduce the tahini to 1/2 cup, replace the lemon juice with fresh lime juice, and replace the Agni Churna with Pitta Churna. The cayenne pepper should be omitted and the salt should be used sparingly.

### **Kapha:**

This recipe can be a bit too creamy and oily for Kapha types, although they can still enjoy it with the proper modifications. If you are experiencing high Kapha one should use white meat chicken (bone-in) rather than dark meat. The tahini should be cut in half and the amount of fresh ginger can be doubled. The spices should all be used generously and the Agni Churna can be replaced with Kapha Churna. Pink Himalayan salt is the best salt option for Kapha; however, this should still be used sparingly.