



Chicken Bone Broth/Stock



LifewithSally.com - Brandee Knowles

Broth: soup consisting of meat or vegetable chunks, and often rice, cooked in stock.

Stock: made by cooking bones, meat, fish, or vegetables slowly in water, used as a basis for the preparation of soup, gravy, or sauces.

Ingredients:

- 2 roasted or rotisserie chicken bones/necks/organs/skin (no hormones/antibiotics)
- 1 large onion with peel - cut into quarters
- 3 celery stocks - rinsed / break in half
- 3 carrots - rinsed / break in half
- 3-4 garlic cloves with peel - mashed with back of knife to open clove
- 2 bay leaves
- 1 -2 T desired herbs (herb de provence/thyme/rosemary/poultry seasoning)
- 1 T apple cider vinegar - with the "mother"
- 8 - 10 cups of purified water
- *salt if desired after cooking

Directions:

The broth can be made on the stove or in a crockpot. I prefer crockpot because I cook it on low for 24 hours.

Put all prepped vegetables and herbs into large stockpot or crockpot. Place all your chicken bones, necks, organs, skin on top and pour 1 T apple cider vinegar onto bones. Cover with water and let sit for 30 min. If you have time (this allows the apple cider vinegar to draw vital nutrients out of bones). Set to high heat and bring to a boil. If necessary, scrape any white/grey colored scum off surface.

Once boiling, turn heat down to lowest setting to simmer and cover with a lid if using a pot. It should be just a small simmer of a bubble or two to surface every few seconds.

*If you have an electric range, this is the very lowest point before turning off. Just check after 30 minutes to make sure it is still at a slow simmer. If not, raise temperature just a bit and check until you find your correct temperature for a slow simmer. Keep lid on while cooking.

If in your crockpot, change from high setting to low setting for remaining cooking time.

*Usually 3 to 4 hours on high and the remaining time on low.

Cook for at least 8 hours to 24 hours for the most amazing vitamin & mineral rich bone broth!

Remove all bones and veggies from pot into a large bowl, using tongs.

Using a sieve, strain broth into a large glass bowl or measuring cup, which makes it easier to pour into jars or ziplock.

If using immediately for soup, place back into pot or crockpot.

If saving for later, set bowl into an ice bath to cool broth down to room temperature. (About 20-30 min.)

Pour into jars or gallon size ziplock for storage.

You can store in refrigerator up to 1 week or in freezer up to 6 months for best flavor. You can discard any layer of fat from top if you desire, before using in recipes.

Tip: Save your bones from broth and reuse for another batch! You can throw into ziplock and into the freezer for later use.