

Chicken Bone Broth



Ingredients

- A whole free range chicken carcass or bone scraps or 1kg of free range chicken drumsticks and 1kg of free range chicken feet
- 6 litres of water
- ¼ cup apple cider vinegar
- 2 cups of cut carrots, celery and onions
- 2 bay leaves
- ½ teaspoon of natural sea salt
- ½ teaspoon of whole peppercorns
- 1 clove of fresh garlic (optional)
- ½ teaspoon of ground turmeric (optional)
- ½ teaspoon of grated fresh ginger (optional)

Method

1. If using fresh chicken (not scraps), with olive oil, lightly brown off the chicken first. Add chicken into a large stock pot and cover with water.
2. Add ¼ of a cup of apple cider vinegar and vegetables peppercorns, bay leaves and a good pinch of natural sea salt.
3. Bring to the boil and drop the heat down low and simmer on the stovetop on a low heat for 5 hours.
4. Add optional garlic, turmeric and or ginger and simmer a further hour (6 hours cooking time in total).
5. If the water levels reduce, top it up so the bones are always covered.
6. Let the stock cool for half an hour and then strain the bones using some cheese cloth or a fine sieve.
7. Put the broth into fridge and freezer proof containers to cool further before transferring to the fridge and freezer. This broth stores well in the fridge for 3 days or in the freezer for 2-3 months.
8. This can be used as a base to make a soup or enjoyed as is.