

## How To Make Chicken Broth

As with all food, please use organic where ever possible to reduce the potential toxic burden on your body and to help look after the environment!



- 1 whole free range chook ( or 2 kilo's chicken bones with plenty of joints like the wings, legs, necks)
- 2 tablespoons apple cider vinegar (to help leach all the minerals from the bones into the broth)
- 1 large onion, chopped
- 2 carrots, washed and chopped
- 3 stalks of celery, washed and chopped
- A few sprigs of thyme
- A small bunch of parsley
- 1 bay leaf
- 6 black peppercorns
- 2 tablespoons of butter

- Wash the chicken, place in a stock pot big enough to easily cover the chicken with the water and veges and still have room to spare, or use a slow cooker.
- Cover with cold water and the vinegar and leave to soak while you prepare the veges.
- In a large skillet melt the butter over a medium heat without browning and add the veges. Sauté for 15 -20 minutes, stirring frequently until the veges are softened and beginning to caramelize.
- Add the veges (along with the peppercorns and herbs) to the chicken and bring the pot to a gentle simmer.

*It is very important that this should be a gentle roll rather than a vigorous boil as if it is too hot many of the vital nutrients will be damaged/destroyed.*

- Skim off any scum that floats to the top as necessary.
- After 1 hour I like to get a couple of forks and remove the breast meat, and maybe the thigh meat and create a nice meal with this, or cool and use in a salad.  
This poached meat is beautifully flavoursome.
- Continue to cook the broth for 6-12 hours (and up to 24 hours, although I find this length of time unnecessary).
- Cool, strain and the broth is ready to consume, add to a dish or store.