



## Chicken Bone Broth—Pressure Cooker

Cook time: about 90 minutes (plus bone roasting ~60 minutes)

Yield: about 1 gallon

2 to 3 lbs. organic, free-range or regeneratively farmed chicken bones, roasted\*

About 12 cups cold filtered water (to cover bones that is just below cooker's "max line")

2 tablespoons apple cider vinegar

1 medium onion, coarsely chopped

2 carrots, peeled and coarsely chopped

3 celery stalks, coarsely chopped

15-20 whole fennel seeds

12 red pepper flakes (or more to taste)

10 peppercorns, whole

2 cloves garlic, smashed

1 bay leaf

After cooking: salt, parsley, thyme, or rosemary to taste (optional)

\*roast bones at 400° for 30 minutes, rotating occasionally, until dark golden brown

Add all ingredients to an electric pressure cooker. Nestle together bones and vegetables. Be sure bones are covered with water, and the water line is just below max capacity for your cooker.

Cook on "Broth" setting for 60-90 minutes. Let the pot depressurize and cool naturally—without opening the vent. Depressurizing too quickly can cause the broth to be cloudy. Strain twice through a fine mesh strainer.

I like to store my broth *without* adding salt and herbs. If you prefer seasoning now, do so while the broth is warm. Dissolve salt and add chopped parsley or thyme to taste. Proceed to store broth by canning or freezing in amounts usable to you. I freeze broth in convenient 2 and 4 cup sizes.

This recipe can be used with turkey, lamb, and beef bones. Roasting bones beforehand enhances broth flavor. I strongly recommend only using bones that are raised using practices you trust for your health (i.e. regenerative farming, organic).

**STOVETOP:** Use ingredients above in a large heavy-bottomed pot with a good fitting lid. Bring to a boil for 2-3 minutes, remove any scum that rises to the top. Reduce heat, cover, and slowly simmer for about 8 hours.

**CROCKPOT:** Modify ingredient amounts (primarily bones) to fit snugly in your crockpot and be covered completely with water. Cook on low for at least 12 hours (up to 18 hours). Remove scum as needed.