



Chicken Bone Broth

Ingredients

1 whole chicken, preferably organic or pasture raised
2 tbsp apple cider vinegar
Choose 3-4 of the following for flavour-
onion (quartered)
2 sticks of celery
~10 peppercorns
1 large carrot
4 spring onions
1 inch fresh ginger
garlic cloves to taste
Bay leaves



Method

Poach the whole chicken.
First, rinse the chicken under cold running water, inside and out. Place the chicken in the slow cooker and cover with water. Add whatever you have on hand of the following; 1 onion, 1 large carrot, 2 sticks of celery, ~10 peppercorns, 4 spring onions, fresh ginger, bay leaves, 6 garlic cloves, salt. Turn the cooker on to high and poach the chicken, approximately 3-4 hours, until cooked through, thoroughly. Remove the fleshy meat from the carcass and return the carcass and all other parts, skin, bones, etc., to the cooker. Refrigerate chicken meat to be used in another meal. Add 2 tablespoons of apple cider vinegar to the slow cooker and continue to cook the carcass for another 15-20 hours. Strain the liquid and discard the remaining chicken, bones and veg. Makes stock ~7-8 cups or more depending on how much water was used. Refrigerate or portion and freeze the stock. Cooked chicken can be used for stirring through pasta, tossing through salad, wraps, etc. Smaller bits of chicken are perfect for chicken patties for dinner or lunchboxes. The liquid bone broth is now a delicious base for soups, casseroles or anything meal needing added water.

Alternative

Cut the chicken breast and thighs off the raw chicken (so much cheaper!). Refrigerate straight away and use for a stir-fry, or curry.

Poach the carcass with fleshy remnants as above, starting with vegetables, water & apple cider vinegar. Cook on high then remove any further flesh after 2 hours or when cooked. Return the carcass bones and everything to the slow cooker and cook for another 15-20 hours. Any meat at this point will be very tasteless and can be discarded with bones.