

Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

Chicken Broth

Ingredients

1-2 chicken carcasses (from roast chicken)

½ kg wings, legs or necks, roughly chopped

2 carrots, roughly chopped

2 sticks celery, roughly chopped

1 onion, peeled and roughly chopped

3 cloves garlic, unpeeled and halved

1 stem of broccoli

2 tbs apple cider vinegar (helps to extract the minerals and gelatine from the bones)

2 leeks, white part only, roughly chopped

1 tbs black peppercorns lightly crushed.

Bone broth is a very rich source of many bio-available minerals, especially calcium and trace minerals. It contains many other nutrients and assists with digestion and keeping your gut happy and healthy.

Method

This is what I have used but you can make this with what vegetables you have in the fridge. Serve hot in a mug as is or add a tsp of turmeric, squeeze of lemon juice and a pinch of salt. Use this stock as well as a base for cooking. Can be stored in the fridge for 4 days or frozen for 3 months.

1. Place the chicken and all of the ingredients in a big pot and add enough water to fill the pot. Bring to the boil and then cover and reduce heat to a simmer.
2. Simmer for 3-12 hours. You may need to top up the water. The longer you simmer for, the richer the flavours. If a bit of scum develops, just skim it off.
3. Let it cool at room temperature then strain off the solids. Separate the meaty bits and vegetables from the bones bits and keep to use as desired (see chicken soup recipe).
4. Cover and place in the fridge until the fat rises. Skim off the fat if desired and reserve to use in your day-to-day cooking.



Preparation Time: 15 minutes

Cooking Time: 3-12 hours

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