

Chicken Broth (Stock)

When we eat chicken, whether it be a whole chook from the charcoal chicken place, KFC, or we have bought some drumsticks or whatever from the supermarket, I keep the bones, gristle, and any skin or fat the kids don't want to eat. I put them in a ziplock bag and place them in the freezer. I keep adding until I get 2kg of bones. (a medium 22x25cm bag will hold about 2kg) Once I get the 2kg of bones I follow Diane's recipe and double the quantity.



- 8ltr filtered water (I just fill my 10ltr pot)
- 2kg chicken bones
- 1/4 cup apple cider vinegar
- 1-2 tbsp salt
- cloves from 2 heads of garlic peeled

I place all the ingredients into a 10ltr pot. (if you only have a 5ltr pot just halve the recipe) I put it on low for 24hrs. When the bones are frozen they can make the pot too cool so I will add only enough water to heat them up and defrost and then add the rest of the water. You could also put it in a slow cooker if you wanted.

And that's it. After I've let it cook for 24hrs I strain the broth into large Pyrex bowls and then put it into containers to freeze. Sometimes I'll strain it twice once through the sieve the second time through muslin cloth. Then, once the bones are cooled, I take out the larger ones that haven't started to disintegrate too much, and bag them into a ziplock bag. These I'll use next time as there are still plenty of minerals left in the bones. Sometimes I have 1kg of used bones then I only need 1kg of new bones to make it nice and tasty.

You can use other bones from other cuts of meat but it tastes a bit different to just using chicken. All are good for you. The more different types you use the more of the different minerals you will get.