

Chicken Bone Broth



www.stirtea.co.nz

At this time of year, I find myself reaching for a cup of nourishing bone broth on a regular basis. You might have a broth recipe handed down through the generations which might be plant based as pictured or one that you switch up to include whatever ingredients you have to hand.

Here is my go-to chicken bone broth recipe which I use all the time. It has a great depth of flavour and I really enjoy it as a standalone drink. If I have any surplus brewed tea liquor left over I simply add this to the prepared broth on the day I drink it. It is also convenient to freeze cup sized portions which can be easily defrosted for a quick savoury pick me up.



The recipe is from a New Zealand authored book which has some great content and recipes called **The Gut-Skin Connection by Janine Tait & Sheryl Nicholson**.

Ingredients

Half an organic chicken (based on a size 14 chicken approx)

1 leek, top removed, cut in half lengthways

1 celery stick, halved

1 parsnip, cut in half lengthways

1 carrot, cut in half lengthways

2-3 garlic cloves

2 bay leaves

2 cm of fresh ginger

2 tablespoons of apple cider vinegar

1 handful of Italian Parsley (stalk and all)

1 tablespoon of Himalayan salt (coarse or ground) - ***this is the measure from the original recipe which equates to 3 teaspoons, my personal preference is to reduce this to 2 teaspoons when I make it***

8 cups of water

Method

1. Place all ingredients into a slow cooker (or on the stove) and cook on low for a minimum of five to seven hours.

2. About five hours into cooking, take the chicken out. Separate the cooked chicken flesh from the bones. Set the chicken aside and place the bones back into the slow cooker for the remainder of the cooking time.
3. Cool broth, strain out the bones and vegetables and store the broth in a container or jars that can be refrigerated and frozen. scrape off any fat that solidifies on the top.
4. Bone broth will last several days in the fridge and also freezes well.