

Chicken Stock or Bone Broth Recipe

Ingredients

- 1½ lbs chicken or turkey bones or carcass* (adjust to what you have)
- 1 stalk of celery, cleaned and rough chopped
- 1 medium carrot, cleaned and rough chopped
- Water to cover by 3 inches, regardless of the amount in the pot
- 2 tsp vinegar
- 1 tsp sea salt
- ¼ tsp cracked pepper

You will need a large pot with a lid; it needs to have a 3-inch headspace after adding the water.

Instructions

1. Place all the ingredients in a large pot. Cover with water; start cooking on high; turn to low when you see it starting to boil; top with the lid.
2. Cook for a minimum of 12 hours; 18 is better; 24 is best.
3. Remove the bones and vegetables when done. Using a fine sieve, strain all the stock into a bowl or jars. Cover and let sit until it can be refrigerated. I have found this to be the best way; the fat** (schmaltz) is easier to remove this way.

*If you are using a carcass, it's best to "break it up" before putting in the pot.

**I remove the fat and put it in a jar in the fridge (1 week) or freeze it in 2 Tbsp amounts (6 months).

- The chicken fat is great for gravy, caramelized onions—just about anywhere you would use butter. I've even used it in making biscuits!