

Chicken Broth

Ingredients

4-5 liters cold water

1 kg each of free range or organic drumsticks and wings with necks or carcasses if available

2 chopped onions in half

2 cloves of crushed garlic

4-5 sticks of celery

Juice of 1 lemon or lime

1 tsp salt

Method

Place chicken into a large sauce

pan or slow cooker , add 4-5 liters of cold water depending on size of container.

Add all other veggies , lemon juice and salt.

Let stand for an hour to let the lemon juice draw out the nutrients .

Set cooker or pan on high until broth begins to boil , as soon as it starts to boil turn heat down , and simmer for 12-24 hours

Top up with water if stock reduces to below bones.

When done pour broth through a strainer to remove bones and vegetables .

*Store broth in an airtight container in fridge, when chilled remove the fat that has set on top. This will keep for up-to 4 days.
Can be frozen for 3 months and used when needed.*

