

Chicken broth made with roasted carcasses and wings, cooked for 24 hours

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Chicken Broth

Restorative chicken bone broth cooked for 12-24 hours with stock vegetables and apple cider vinegar is a wonderful gut healing liquid to enjoy as a drink or use in recipes. The vinegar extracts nutrition from the bones to bring additional benefits to this delicious tonic. Your cooking will taste delicious if you start using this to make soups and stews.

Prep time: 15 minutes

cooking time: 12-24 hours

Serves: Makes about 5 L

ingredients

- 1 ½ kg chicken wings (or 5-6 chicken carcasses), preferable organic
- filtered water
- 3 large onions, halved and root removed
- 3 sticks celery, cut into 10cm lengths
- 3 medium carrots, peeled and cut in half
- 'green' from two leeks (optional)
- a few black peppercorns
- a few sprigs fresh thyme
- a handful of fresh parsley stalks
- 60 ml unpasteurised apple cider vinegar

Method

1. Preheat the oven to 200°C/400°F/ Gas 6.
2. Roast the chicken wings and carcasses in the oven, turning over half way, for about an hour or until a good golden brown.
3. Tip the bones into a very large stock pot/casserole dish and fill the pot nearly to the top with water (leave 3cm gap). Add some cold water to the roasting tin and scrape off any juices stuck to the bottom. Add them to the stock pot.
4. Bring the water to the boil and skim off any skum and fat that rises to the top.
5. Add all the remaining ingredients, bring back to the boil and then gently cook on a 'poaching' temperature, just below simmering point, for up to 24 hrs.
6. Strain the broth through a colander and use as desired.

NOTE:

- You can pick the meat off the chicken wings to use in sandwiches before throwing the bones away!
- This broth is wonderful for convalescence, the nutritional value is enhanced with the cider vinegar as it pulls more valuable nutrition from the bones

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