



FOODWIFERY

HOW TO MAKE BONE BROTH

INGREDIENTS: (THE BEST YOU CAN GET)

1 whole chicken
an onion
some carrots
some stalks of celery

METHOD:

Brine the Chicken.

Place thawed chicken in a bowl or pot, cover with water, and mix in salt. (For a quick, one hour brine: 1 cup salt/1 gallon water.) When finished, discard salted brine water.

Roast the Chicken.

Slather your brined bird with any traditional oil (butter, ghee, tallow, lard, bacon fat, etc.) and place in lightly oiled roasting dish. Roast in oven for 12 hours at 200 degrees.

Cook the Broth.

Remove bird and allow to cool. Remove meat from the bone. Reserve meat for future meals. Place ALL bones and other parts of bird in pot. Add in fresh vegetables, and cover completely with water. Bring to boil, then turn back heat to maintain a steady simmer. Cook 12 hours. When done, remove from heat; allow to cool.

Collect The Broth.

Strain out your broth. Behold: Liquid Gold! Keep broth refrigerated in glass container. A half-gallon canning jar works great for easy dispensing later. **NOTE:** Do **NOT** discard fat that rises to the top and hardens when cooled. There is a powerhouse of flavor, nutrient density and culinary satiation