



Bone Broth

(makes lots)

Broths made from bones are currently very in vogue, thanks to the global realisation that they are nutritional wonders so there are recipes aplenty using meat, poultry or fish bones in cookbooks and online but here's my recipe, which I have been making for more years than I care to remember! I favour using a whole chicken because after a couple of hours the chicken meat starts to fall off the bone and you can remove it and use it for snacks or to add to soups, salads, rice dishes etc.

Ingredients

1 whole medium-sized organic or free range chicken, giblets removed
1 tablespoon apple cider vinegar
3 onions, peeled and halved
3 celery stalks, halved
3 carrots, scrubbed and halved
6 black peppercorns
2 teaspoons rock or sea salt crystals
Generous bunch of fresh parsley

Method

Place the chicken, vinegar, onions, celery, carrots, peppercorns, salt and the stalks from the parsley in a large soup pot and cover with water.

Bring slowly to the boil over a medium heat then turn the heat to the very lowest setting, cover and let it simmer for as long as you can - the longer the better. I usually put it in on in the morning and leave it all day when I have a day in the house.

After 2 hours, remove the flesh from the breasts and legs, cover and leave them to cool and if need be, top up the water in the pot - it should just cover all the ingredients.

Check every couple of hours thereafter and top up the water, if required.

In the evening, remove the pot from the heat, allow to cool a little then strain the liquid into a bowl (use a muslin cloth or a couple of sheets of kitchen paper to keep the liquid nice and clear).

Cover and put the bowl in the refrigerator overnight. This allows the fat to solidify on the top making it very easy to remove the next day.

Once the fat is removed, reheat the broth until boiling then turn the heat to low, add the parsley leaves and leave to simmer for around half an hour.

If you want to intensify the flavour, you can keep the heat a little higher and reduce the liquid by a quarter or even a half.

Check the seasoning and add a little more salt if required before sieving again.

Let the broth cool then portion for refrigeration or freezing. You can use soup bags, plastic cups, ice trays etc.

The broth will keep for a few days in the refrigerator and up to 1 month in the freezer.