



Chicken Bone Broth

Yield: 12 **Author:** Dora Entz

Prep Time: 10 Min Cook Time: 12 Hour Total Time: 12 H & 10 M

A smooth clear broth that will elevate your homemade dishes or simply be delicious on its own.

INGREDIENTS

- ☐ 8 chicken carcasses
- ☐ 12 cups water
- ☐ 3 Tbsp salt

INSTRUCTIONS

1. In a large pot, add the chicken carcasses, water and salt.
2. Bring the water to a boil over medium-high heat. Once boiling, reduce heat to medium-low and bring the water to a simmer.

3. Cover the pot with a lid and simmer for 12 hours or until the stock is your desired flavour.
4. With a ladle, skim off and discard the fat that has accumulated on top of the broth.
5. Using a strainer or cheese cloth, strain the chicken broth to remove all the bones.
6. Use immediately, store in jars in the fridge, or ladle into freezer bags once cooled.

NOTES

1. To add a deeper colour to the broth, you can add the skins of yellow onions and allow to simmer with the chicken carcasses.
2. Feel free to add your favourite vegetables while the broth is simmering.
3. If placing into freezer bags, allow the bone broth to cool off, ladle into freezer bags, and stand upright in a container. Place into the fridge for several hours so the broth can gelatinize before placing into the freezer.

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