# bone broth

## Family Chef: Mary-Ellen McMahon

#### Ingredients:

* Carcass and giblets of three chickens (if you only have two but want to make bone broth use another pound of chicken wings)
* 3 or 4 lbs of chicken wings
* 2 tbsp Apple Cider Vinegar (White vinegar is just as good.)
* Veggies:
	+ One head of garlic – unpeeled cut in half crosswise
	+ One onion – unpeeled cut in quarters
	+ 2 carrots – unpeeled cut in large chunks
	+ 2 stalks of celery – stalks and leaves, cut in large chunks
	+ A big handful of parsley (Ina says 20 sprigs)
* Salt and pepper to add towards end
	+ 1 ½ to 2 tbsp kosher salt – I think 1 ½ is enough, but this is a matter of taste
	+ 2 tsp whole peppercorns

#### Instructions:

1. Roast the chicken wings
	1. Set the oven to 425°
	2. Generously sprinkle wings with kosher salt and pepper.
	3. Roast for 30 to 40 minutes, depending on the size of the chicken wings. These don’t have to be completely cooked but roasting will deepen the flavor of the bones.
2. While the wings are roasting:
	1. Heat about 1 tbsp oil in the stock pot. Brown all the giblets you had stored in the freezer. There is no need to thaw first.
	2. Add the frozen chicken carcasses. Again, no need to thaw first.
3. The long part
	1. Add the cooked chicken wings to the pot.
	2. Fill the pot with enough water to cover all the bones – about 7 quarts.
	3. Add the vinegar to the pot and let sit for about 20 minutes. The acid helps break down the cartilage and other connective tissues in the bones of the chicken, which helps speed up the formation of gelatin in the stock.
	4. Set the heat on medium low and slowly bring the water to a boil. Keep watching it and turn the heat up little by little. This process can take up to about an hour.
	5. As the water starts to boil you may have to skim a gray “scum” from the top. These are impurities that are coming out of the chicken. There are far less when you use organic chickens.
	6. After the water comes up to a full boil, turn the heat down to low, cover and allow the stock to simmer for 12 to 24 hours. I leave mine cooking all night on a gas stove set to 1.
		1. Monitor the water level and the movement. I like to see a little simmering movement in the water. I’ll turn the temperature up and down from time to time as I pass by the pot throughout the day.
		2. Add more water, if necessary, to keep the level about even.
4. About 30 minutes before you want to be done
	1. Add the veggies, salt and pepper.
	2. Bring the temperature up a bit to bring back a gentle boil.
	3. Simmer for 30 minutes to an hour.
	4. Off the heat and let the stock cool.
5. Strain through a fine metal strainer. Throw away all the bones and veggies.
6. Cool in the fridge overnight. Portion into quart or gallon size Ziplock bags, label and store in the freezer.

#### Notes

1. This recipe is from a lot of trial an error, using various internet sources. Also using pieces of Ina Garten’s Chicken Stock recipe.
2. Stuff you need:
	* A really big stock pot
	* A strainer