



Slow Simmered Bone Broth

4 servings
24 hours

Ingredients

2 lbs Whole Chicken Carcass (about 2 lbs of bones)
2 Carrot
1 Yellow Onion
2 stalks Celery
2 tbsps Apple Cider Vinegar
1 cup Parsley (chopped)
3 Garlic (cloves; optional; added in last 30 minutes of simmering)
1 1/2 tsps Sea Salt
1 tsp Black Peppercorns
6 cups Water

Directions

- 1 Place bones in a large stock pot or slow cooker insert if using, and fill with filtered water until bones are covered. Add vinegar, and let sit for 20-30 minutes in the cool water. The vinegar helps pull nutrients from the bones.
- 2 Rinse vegetables, and roughly chop (keep skins intact as they will add extra nutrients). Add vegetables (aside from parsley and garlic, if using) to the pot. Add any salt, pepper, spices, or herbs, if using.
- 3 If boiling on a stove: Bring the broth to a boil over medium-high heat.
- 4 If using a slow-cooker: Place slow-cooker insert into the cooking vessel and set to low heat.
- 5 After 30 minutes of simmering, and for up to the first 2 hours, spoon off any impurities that float to the surface and discard.
- 6 Continue to cook on low heat until broth has reduced, and bones are soft to the touch when removed (from 12 - 36 hours).
- 7 During the last 30 minutes of cooking, add garlic cloves and parsley, if using.
- 8 Remove pot from heat and let cool slightly.
- 9 Strain broth using a fine mesh strainer to remove all the bits of bone and vegetable (line with cheesecloth or paper towels for extra-clean broth). Discard simmered remnants.
- 10 Transfer broth to glass jars, and cool before storing in the refrigerator for up to 5 days, or freeze for later use.

Notes

Skimming, During the first few hours of simmering, impurities will float to the surface, and a foamy layer will form. This layer can easily be removed with a large spoon and discarded. Grass-fed/pasture-raised animals will produce much less of this than conventionally raised animals.

Roasting Bones, If you are using raw bones, especially beef bones, it deepens the flavor to roast them in the oven first. Place bones in a roasting pan and roast for 30 minutes at 350 degrees F.