

Chicken Bone Broth Stock

YOUNG FRYER CHICKEN (NOT A HEN)
1 CARROT CUT IN 4 SECTIONS
2 STALKS OF CELERY (CUT IN LARGE SECTIONS)
1 STICK OF SALTED BUTTER
1 KNORR CHICKEN BOUILLON OR 1 TBSP. GRANULES
1 ONION (PEELED & QUARTERED)
1 LEEK (INSIDE WHITE PART) OPTIONAL

Boil chicken with ingredients above breast down on low simmer for 2.5 hours. This gives time for bones to flavor stock. Take chicken out with two large spoons and place on a platter. (Remove chicken from bones after it cools) discard bones and fat. Pour broth through a strainer and collect it in a large pot or bowl. This will discard miscellaneous pieces of vegetables and skin floating in broth.

NOTE: When you boil a chicken this long the broth is “bone broth”. This means when cooled, it will be like gel instead of liquid. This is because the gelatin in the bone is transferred into the broth.

Pour stock into to quart mason jars. Place lids on them and wipe off outside with soapy water. Refrigerate stock. The fat from chicken and butter should form a seal on top of broth. When there is a good thick fat seal you can turn it upside down and the broth stays put. With a good fat seal, broth can be stored in refrigerator up to 4 months. Once fat seal is broken use within 3 days.