

CMC



Catriona McMorris

Chicken Bone Broth – LIQUID GOLD ELIXIR / ANTI – AGING DRINK

I cannot stress the benefits of broth , this is suitable for all but especially for those recovering from illness, finding it difficult to swallow, dehydration and just feeling poorly.

Contains a range of vital macro and micro nutrients essential for healing and repair.

- Bone Broth – a liquid containing simmered bones of chicken / beef / fish . This liquid is gelatinous when chilled and is cooked for a long period of time 12 – 24 hours.
- The terms stock, broth, bone broth are used interchangeably in the cooking world and can be differentiated by length of cooking time / type of bones / vegetables used.

Ingredients

- Carcass of 1 roast chicken
- 2 cloves garlic
- 1 yellow or red onion
- 1 stick celery
- 1 carrot
- 1 – 2 tablespoons of ACV (Apple Cider Vinegar) ACV works to extract all of the nutrients from the marrow of the bone to make the best nutritious bone broth.
- Seasalt and black pepper to taste
- Herbs like parsley, thyme and bay leaves are great for flavour
- Water

Method

- Remove off as much of the meat as possible and place all bones and carcass into 1 large saucepan.
- Add in all chopped vegetables
- Add in vinegar
- Add seasalt and pepper and herbs
- Add in enough water to cover an inch above the entire carcass
- Place on a stove if you can and bring to the boil. Reduce to the slowest / barely there simmer you can manage and leave for a minimum of 12 hours – maximum 24 hours. **(THE LONGER THE BETTER IN TERMS OF NUTRIENTS!!)** I cook this on a solid fuel stove which generally stays at a stable temperature!
- Strain the liquid, let it cool and then you can store in the fridge, ours is generally gone in 5 days !!



- You can also freeze portions and use for a natural healthy stock broth for cooking meals or sipping hot!