



CHICKEN BROTH RECIPE

Ingredients :

- 6 to 8 chicken wings, legs, thighs or a chicken carcass (organic and free range).
- 4 to 5 litres of water
- 2 tbsp of apple cider vinegar or lemon juice or 1 glass of quality dry white wine
- 1 clove of garlic
- Depending on your tastes and food tolerances: 4 to 5 stalks of celery or the greens of 3 leeks, a bunch of parsley and 3 to 4 bay leaves.
- 1 or 2 vegetables of your choice: carrot, turnip, potato, sweet potato etc.

Preparation :

- ✓ Place the chicken or its carcass in a casserole dish, cover with cold water and bring to a simmer.
- ✓ After a few minutes, pour away this water, on the surface of which, a brownish foam will have formed.
- ✓ Place the chicken back into the casserole dish, cover with water and add the acid base. This will allow minerals and collagen to escape from the bones.
- ✓ Add the chosen herbs and raise the temperature until simmering. Leave to infuse for about 6 hours over very low heat, as low as possible, you should barely see the liquid simmer. Despite its name, broth should never boil, like any soup elsewhere. This would be the best way to destroy some of the benefits.
- ✓ If you have used chicken thighs, wings or legs, remove the meat fillets after 2 to 3 hours of cooking. Return the skin and bones to the broth and simmer for a further 3 hours.
- ✓ About ten minutes before the end of cooking, add the salt. Adding the salt too early will prevent the chicken's nutrients from transferring into the water.
- ✓ You can add another vegetable of your choice (carrots, turnips, zucchini, etc.) just before the end of cooking so that it remains crunchy. Remove any vegetables added at

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the start, as all the nutrients will have been transferred into the broth, leaving only overcooked fibre.

- ✓ At the end of cooking, remove from heat and filter to keep only the broth.
- ✓ Place the broth in the refrigerator overnight, leaving it to cool. If your broth is gelatinous, it means the bones were rich in collagen. It's good news! Reheating the broth will achieve a liquid consistency.

The broth will keep for 3 to 5 days in the refrigerator and for 2 to 3 months in the freezer.

You can then use the broth to cook rice, pasta, potatoes, vegetables or make soups, aspics, a sauce, a risotto, a Chinese fondue, a paella etc.