

Chicken Stock Recipe

Ingredients

Bones from poultry, fish, beef, lamb, shellfish or whole chicken or whole carcass
(remove meat when cooked – about 1 hour)

8-10 cups of water

1-2 Tbsp of lemon juice or vinegar

1-2 tsp salt

½ tsp pepper

2 Carrots

1 onion

2 stalks celery

½ c. fresh Parsley chopped or 2 tbsp dried parsley

1-2 tsp sage

1-2 tsp rosemary

1-2 tsp thyme

2-3 bay leaves

2 Tbsp raw apple cider vinegar or 1 lemon

Directions

Put all ingredients into pot. Bring to boil.

Let simmer on low for several hours (4-24) or in crock pot on low.

Remove bones and skim off fat.

Uses for stock:

- Use as stock for soup.
- Drink as a warm beverage.
- Use as the cooking liquid for vegetables and grains.
- Make gravy from the fats.

Liz Lipski, PhD

