

CHICKEN STOCK

Rich in minerals and good for the gut, chicken stock can be consumed on its own or as a liquid replacement in smoothies, rice, and soups for additional nutrition and flavor.

DIRECTIONS

Using a pressure cooker:

1. In the pressure cooker, add all of the ingredients and enough water to cover by at least one inch (2.5 cm).
2. Seal the lid and bring the water to boil on high heat. Once it boils, turn the heat down and cook for 30 minutes.
3. Let it cool, strain out the liquid, and separate the leftover edible chicken pieces off the bones.
4. Portion the chicken stock and store leftovers in reusable bags in the freezer.

Using a large cooking pot:

1. In the pot, add all of the ingredients and enough water to cover by at least one inch (2.5 cm).
2. Close the lid and bring the water to boil on high heat. Once it boils, remove the lid and discard the scum that rises to the top. Turn the heat to low, cover and simmer for 6 to 24 hours. The longer it cooks, the richer and more flavorful it will be.
3. Let it cool, strain out the liquid, and separate the leftover edible chicken pieces off the bones.
4. Portion the chicken stock and store leftovers in reusable bags in the freezer.



Equipment:

Pressure Cooker or Large Pot

PRESSURE COOKER INGREDIENTS:

- 2 packs chicken bones (~2kgs or 4 lbs of bones)
- 1 large onion, chopped roughly
- 1 celery stick with leaves
- Water to cover

LARGE POT INGREDIENTS:

- 2 packs chicken bones (~2kgs or 4 lbs of bones)
- 1 large onion, chopped roughly
- 1 celery stick with leaves
- 2 Tbsp vinegar
- Water to cover