

Chicken and Chicken Broth

With chicken, I usually cook 4-5 chickens at a time. Please use high quality chickens fed well. This is a situation where having the chickens fed organically is best. There are a number of farmers now with high quality chickens available.

I cut the legs and breasts off, setting the backs, wings and necks aside for later broth making. I roast the chicken at 325 degrees with some added water in the roasting pan, covering tightly with foil. Roast until the skin is very lightly browned and the chicken falls off the bone. When it is done and cooled, I peel all the chicken off the bones, cut it up into somewhat smaller chunks, mixing the white and dark meat. If the chickens are organically raised or pastured I would suggest breaking the skin up into pieces and mixing it into the meat. Just squish it into small particles with your hands. I then pack the chicken in some freezer containers small enough to not go to waste when I thaw it later. I then pour the fat and broth from the roasting process over the chicken, cover it and freeze it. That gives me multiple smaller containers of chicken. I store the one in the refrigerator in the back of the fridge which is generally colder.

The chicken can be used however you want. Make sure to eat the fat as it is very healthful. Usually I will take about 3-4 ounces of chicken with the fat and the other liquid in the container and mix it with some yam and perhaps some pecans. I may eat it cold, though it is very tasty heated up. The little thermoses available at Target or other stores work great for bringing it to work.

With the rest of the carcass (and some chicken feet if I can get them from the farmer or from the meat market) I make a broth. In a large stainless pot, I throw in the carcasses of the four or five chickens and 4-6 feet, cover with water to about 3-4 inches above the chicken. (Please do not use an aluminum pot.) You can add 2-3 tbl of apple cider vinegar to enhance the mineral release from the bones. Bring it to a boil, then turn it down. Skim the scum to rises to the top and discard it. Let it simmer very lightly all day, the longer the better- at least 12-14 hours. If desired, you can add vegetables two hours or so before the broth is done for added flavor. Onions, celery and carrots are the usual suspects. When it is time to take it off the stove, let it cool. After it has cooled, fish out the bones (and vegetables) with a wire strainer and discard. Ladle out the broth into freezer containers, again small enough that you will run through it before it spoils. Wedge Co-op has tall, one quart glass containers with white tops for sale at a reasonable price. These can be filled to approximately one inch from the top with the cooled broth. They freeze pretty well. If you fill the jar past the shoulder at the top, they may break as they freeze.

This broth is very nutrient rich with minerals and can be used as the base for stews or straight up as a miso soup, or simply add salt. Make sure to eat the fat with the broth.

Broth with Eggs

Another simple way to drink the broth is to bring 1¼ cups of broth to a light simmer. Separate 3-4 high quality organic eggs. Lightly whip the whites and stir the whites into the simmering broth or put the whites in as is and use a whisk to rapidly stir them in. Bring up to a light simmer again, then pour the broth and whites over the uncooked yolks. Gently lift the whole yolks up with a wooden spoon to get the broth underneath them so that the white left on the yolk has a chance to cook. After a few minutes, break up the yolks and stir them in. Season to taste and enjoy.