Basic Chicken Broth

Ingredients

够填满2/3

的你的砂锅:

高质量的鸡脚和

皮

高质量的鸡骨:

脖子，肋骨，

翅膀，鸡腿，整

个鸡

可选:

2汤匙苹果醋

2-3个未削皮和

去皮的胡萝卜

1-2个洋葱，削

皮，切半

1-2根芹菜

2片百里香

3根新鲜的百里香，迷迭香，

鼠尾草

3根新鲜的香

菜

1-2茶匙盐

Instructions

1. 如果需要，预热烤箱至425°F，将骨头放在烤盘上烤20

分钟，以获得更浓郁的味道。

2. 在大锅中加入骨头，醋，胡萝卜，洋葱，芹菜和

百里香。

3. 加水至完全覆盖。让其静置60分钟。

4. 在炉子的后部，将锅加热至沸腾。

5. 10分钟后，将火调至中低火。用炖锅撇去浮在

锅面上的泡沫。

6. 小火慢炖6-12小时，添加鼠尾草，迷迭香，

香菜，盐。

7. 使用滤网或滤网，将汤汁倒入一个大碗或第二个

锅中。

8. 将汤汁倒入广口的1/2品脱玻璃瓶中，用或冻

在7天内食用或冷冻。

Why We Like This Recipe

Keep some homemade, nutrient dense broth in your freezer for hot drinks, quick soups, and to replace water when cook-
ing grains or in recipes for sauces, stews, and poaching. Can be made with leftover bones and vegetables to reduce
waste and food expenditures!

Chef's Notes:

- Look online for recipes that adapt this to slow cookers and pressure cookers.
- Feel free to turn off your burner if you leave the house and restart when you return, simply bring the stock back to a

boil for 10 minutes before you set it on low to simmer. Skim as needed.

Nutrition Notes:

- Gelatin from animal bones soothes our gut mucosal lining and helps reduce inflammation.

Gardener's Notes:

- Try growing your own herbs inside on a sunny windowsill in winter or outside in a container
during the summer. Having them close by makes it easier to enjoy their fragrance and flavor!