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Chicken / Beef Stock

Calcium rich and full of nutrients and easily absorbed protein, bone broths and stocks offer brilliant nutrition for everyone from babies to elderly folk.

Ingredients

Free range chicken frames or necks or meaty beef bones

1 large carrot

1 onion

1-2 sticks of celery

1 lemon

fresh herbs (variety such as parsley, thyme and sage)

Water

Method

Add free range chicken carcasses or beef bones to a large stock pot, add a roughly chopped carrot, celery & onion juice of one lemon and a handful of fresh herbs (such as parsley, thyme and oregano) plus a bay leaf.

Cover with cold water and allow to stand for about 30 minutes. Then bring to the boil and skim off any scum that rises to the surface. Then lower heat to a gentle simmer. Allow to simmer gently for at least 4 hours and preferably for 8 hours or longer. I often transfer to my slow cooker and leave overnight. The longer the cooking time the more minerals and gelatine are extracted and the richer the flavour.

Allow stock to cool and then strain and use in soups, risottos, casseroles and sauces. Can be kept in fridge for 5 days or frozen for 3 months.

The flavour is so wonderful that once you have made your own stock it is hard to go back to stock cubes or packaged liquid stocks!

