

# Slow Cooker Chicken Bone Broth

## INGREDIENTS

Ideally ingredients should be organic if possible, free range, grass fed

Note: people with digestive issues may wish to leave out peppercorns as they can be irritating to the gut.

- 4 pounds chicken necks/feet/wings
- 3 carrots, chopped
- 3 celery stalks, chopped
- 2 medium onions, peel on, sliced in half lengthwise and quartered
- 4 garlic cloves, peel on and smashed
- 1 teaspoon Himalayan salt
- 1 teaspoon whole peppercorns
- 3 tablespoons apple cider vinegar
- 2 bay leaves
- 3 sprigs fresh thyme
- 5–6 sprigs parsley
- 1 teaspoon oregano
- 18–20 cups cold water/ 5 litres

## DIRECTIONS

1. You may want to blanch your bones to remove impurities by boiling them in water for 10-15 minutes. You should always do this with meat bones but with chicken, the difference is negligible, and probably not worth the extra time. The better quality the bones (organic, free-range/pastured, grass-fed, local), the less important the blanching step is, but that's just my experience. I highly recommend trying it out both ways (blanched and not-blanched) to see what works best for you.
2. If you want to roast the bones first, heat the oven to 450°F. Lay the bones out on a rimmed baking sheet and roast until well browned, 25 to 35 minutes. Roasting bones will give a deeper, richer flavour. This is not necessary for a chicken carcass from your roast dinner as these bones have been roasted already.
3. Place all ingredients in a 10-quart capacity slow cooker.
4. Add in water.
5. Simmer for 24–48 hours, skimming fat occasionally.
6. Remove from heat and allow to cool slightly. Discard solids and strain remainder in a bowl through a colander. Let stock cool to room temperature, cover and chill.
7. Use within a week or freeze up to three months.

8. To read more about blanching and roasting bones:-

<https://wholefully.com/bone-broth/>

<https://www.bonappetit.com/test-kitchen/common-mistakes/article/common-mistakes-bone-broth>