

Chicken Bone Broth Recipe

Bone broth is the protein-rich liquid obtained by simmering meaty joints and bones in water. Much like stock, it can be used as a base for soups, stews, gravies and risottos. You can buy chicken bones from the supermarket or collect leftover bones from mealtimes and store them in the freezer until you have enough to make broth. I freeze a big batch of broth in single serve containers, so that I can heat one in a pot and have a delicious, healthy and hassle-free lunch within minutes.

Ingredients

Leftover chicken (or any other) bones - enough to fill half the pot
1 or 2 medium onions - peeled and quartered
1 head of garlic - separate and peel the cloves
2 or 3 celery ribs - cut into chunks
2 carrots - peeled and cut into chunks
Handful of parsley - roughly chopped
1 or 2 bay leaves
1 teaspoon of black peppercorns
Salt to taste
1 tablespoon of vinegar per 500 grams of bones
Enough water to immerse above ingredients

Method

Place all the solid ingredients in the pot then add the liquids. Don't exceed the maximum level if using a pressure cooker. Cooking time is about 6 hours on high in a pressure cooker and 24 hours on low in a slow cooker or stove pot. You will know when you have cooked the mixture long enough when the bones are almost completely disintegrated and the resulting liquid turns a gel consistency when cold. Depending on pot size, this recipe makes about 11-12 single servings.

Tip: Some pressure cookers only have a maximum cooking time of 2 hours, so you may need to restart the timer a couple of times. In-between cooking cycles, release the steam, carefully open the lid and use a potato masher to crush the ingredients up, this helps release more nutrients. Replace the lid, restart the timer and continue cooking.



Some Of The Possible Benefits

The nutritional value of the broth will vary depending on the bones used, how long they are cooked for and what additions are included. For the best results, select joint bones.

Anti-ageing

Collagen, a naturally occurring protein in bone broth, supports skin renewal, hydration, elasticity and appearance of wrinkles. Collagen can also reduce the appearance of cellulite.

Pared with vitamin C, bone broth can give your skin an even more youthful appearance.

Strong bones

Around 50% of our bones are collagen, so eating bone broth can help strengthen our bones, maintain bone mineral density and guard against bone weakening as we age.

Joint health

The gelatin (cooked form of collagen) in bone broth is traditionally utilised to maintain cartilage and repair connective tissue, reduce pain and stiffness in tendons and ligaments, and reduce friction in joints.

Digestion and gut health

Once in the digestive tract, the nutrients found in bone broth feed and regenerate the cells of the gut wall and the microbiota. They also support the healthy movement of food through the intestines and can reduce inflammation and food sensitivities.

Immune function

The amino acids found in bone broth have been shown to support a healthy immune response. Chicken broth in particular has been found to support the body with upper respiratory tract infections and leaky gut issues.

Detoxification

The nutrients in bone broth also help detoxify the body by flushing out toxins, excess hormones, and other waste. The minerals in bone broth also work as chelating agents, helping to eliminate heavy metals such as lead and mercury.

Energy, Sugar Balance & Weight Management

The amino acid, glycine found in gelatin-rich bone broth has been shown to support sugar levels in the blood, helping to stabilise energy levels and support energy availability, which contributes to making exercise and weight-loss more achievable.

Sleep Improver

Glycine is also a neurotransmitter which supports the central nervous system. Glycine has been found to support sleep, by regulating our internal body clock and lowering our body temperature to prepare us for sleep. Glycine can also reduce the amount of time it takes to fall asleep and morning fatigue.