



Recipes

Soups

Immune Boosting Chicken Stock

Ingredients:

Bones and/or other chicken parts of 1 chicken

1 onion, peeled and quartered

3 carrots, chopped

3-4 sprigs of fresh thyme

¼ bunch parsley

½ teaspoon sea salt

1 teaspoon peppercorns

6 quarts water

Directions:

1. Bring bones and water to a boil in a large pot.
2. Skim off foam and discard.
3. Add onions, carrots, thyme, parsley, sea salt and peppercorns. Bring back to boil then cover and simmer 4 hours.
4. Strain bones and vegetables from liquid and discard.
5. Place stock in the fridge and let fat congeal overnight. Skim off fat and discard. Freeze broth for up to 2 months.