

Broth

- bones and scraps leftover from dinner
- kosher salt
- diced onion
- Optional: peeled, chopped carrot
- Optional: herbs (bay leaves, parsley, thyme, savory)/li>
- Optional: peppercorns
- Optional: peeled and halved garlic cloves
- Optional: tomato paste

Collect bones and scraps from dinner. A whole chicken carcass will be good for 4-6 cups of broth. You can collect these leftovers over time, in a bag in the freezer.

I like to break small bones apart if feasible, by placing them between two boards and pressing them until some break. Put the bones into a pot or pan that is safe for both the stovetop and the oven, and which has a good lid. Cover the bones with just enough water to submerge them.

Put the pot/pan on the stovetop over a medium heat until the water just starts to simmer. Meanwhile pre-heat the oven to 185 degrees. Add a little kosher salt to taste.

Cover the pot/pan, and move it into the pre-heated oven. Leave it in the oven for 6-12 hours.

Remove the pot/pan from the oven. Using a thin-mesh strainer and/or some muslin or cheesecloth strain the liquid into one or two standing containers, removing the bones and scraps.

Place the standing container(s) into the refrigerator for several hours. Once the fat has separated and floated to the surface, skim it off with a spoon.

You can now return your broth to a pot, adding in onions and other flavorful vegetables, herbs and optional seasonings. Bring the broth back to simmer over a medium heat, reduce to low and cover for 30-90 minutes.

Strain the liquid again. Your broth is ready to use.

Serves: ??

Preparation time: Hours and hours (start at least a day before you will need it)

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