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## Chicken bone broth

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So many ways to make good bone broth.

Here's the easy way I do it, with appreciation to MANY sites I've learned from):

Bones from 2 roasted whole chickens plus 1 lb of chicken feet and/or backs/necks (for all that connective tissue to help form gelatin), all good quality free range.

Put bones in stock pot and cover with water.

Add a little vinegar. Let soak uncovered for 1-2 hours.

Turn on heat until boil.

Skim off the foam.

Add some vegetables: carrots, onions, celery

Turn way down to low simmer - 8-12 hours - mostly in the oven overnight, partly uncovered at just under 200. (Keep the simmer super gentle, just a few bubbles at any time. Great video at <http://www.thehealthyhomeeconomist.com/video-the-perfect-simmer-on-your-...> [1])

Discard bones. Strain.

Cool in fridge for two+ hours until it beautifully settled into fat on the top and gorgeous gelatin-y stock on the bottom.

Set aside skimmed fat (I put into ice cube tray, then put in freezer storage).

Eat, chill extra in fridge up to 5 days; freeze the rest (I put into mini-muffin tray, then put in freezer storage).

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