

Chicken Magic Mineral Broth

by Rebecca Katz/Cancer Fighting Kitchen



Ingredients (Makes 6 or 7 quarts)

6 unpeeled carrots, cut into thirds
2 unpeeled yellow onions, cut into chunks
1 leek, white and green parts, cut into thirds
1 bunch celery, including the heart, cut into thirds
4 unpeeled red potatoes, quartered
2 unpeeled Japanese or regular sweet potatoes, quartered
1 unpeeled garnet yam, quartered
5 unpeeled cloves garlic, halved
1/2 bunch fresh flat-leaf parsley
1 8-inch strip of kombu
12 black peppercorns
4 whole allspice or juniper berries
2 bay leaves
1 tablespoon vinegar or freshly squeezed lemon juice
1 organic chicken carcass, or 2 pounds of chicken bones
8 quarts cold, filtered water
1 teaspoon sea salt

Preparations

Rinse all of the vegetables well, including the kombu. In a 12-quart or larger stockpot, combine the carrots, onions, leek, celery, potatoes, sweet potatoes, yam, garlic, parsley, kombu, peppercorns, allspice berries, bay leaves, **vinegar, and chicken carcass**. Fill the pot with the water to 2 inches below the rim, cover, and bring to a boil.

Remove the lid, decrease the heat to low, and **skim off the scum that has risen to the top**. Simmer, uncovered, for at least 2 hours. As the broth simmers, some of the water will evaporate; add more if the vegetables begin to peek out. Simmer until the bones begin to soften and fall apart, about 4 hours, or as long as you're willing to let it simmer for.

Strain the broth through a large, coarse-mesh sieve (remember to use a heat-resistant container underneath), then add salt to taste. Let cool to room temperature, then refrigerate overnight. Skim off as much fat as you can from the top of the broth, then portion into airtight containers and refrigerate or freeze.

Storage

Store in an airtight container (perhaps mason jars) in the refrigerator for 3 to 4 days or in the freezer for 3 months.