

Julia's Cookbook

CHICKEN BONE BROTH TURKEY GIBLET BROTH

Chicken Bone Broth

Chicken Pieces – I typically use wings, as they have a lot of collagen in the joints. SEE NOTE BELOW

Celery
Carrots
Onion
Leeks
Bay Leaf
Peppercorns
Parsley Sprigs

Using your largest soup/stock pot. I typically use 2 packs of wings. About 24 wings, roughly. 2 carrots, 1 large onion, 2 whole celery sticks, 1 leek stalk (if not, an extra piece of onion), 1 bay leaf, 1 teaspoon peppercorns and 5-6 sprigs of parsley. Make sure the bones and vegetables are covered by at least 3 inches of water.

I like to brown the chicken pieces a bit, as it will just enrich the flavor a bit more. You can broil or bake the pieces at a high heat until you see a bit of color, you do not need to cook them all the way through. Either way, once you add the bones, bring it to a boil, then reduce to simmer. You want to see bubbles, here and there. You can cover part way with a lid, just not fully covered. Cook for at least 3 hours and up to 5 or 6. The longer the cooking, the more the bones will break down all of their nutritional properties. .

NOTE- If you would like to use a whole chicken or other pieces like legs or breasts that is great too. I suggest, whether you brown or not, is optional. But add them to the cold water and cook, bring to boil, reduce to simmer for 45+ minutes. But no longer than an hour, remove the pieces and slide off the tender meat. Place the bones and cartilages back into the pot and continue cooking for another hour or so.

Drain the broth through a fine sieve into a pourable container and you are ready to use.
Uses – soups, sauces, sipping, stews

Turkey Giblet Broth

1 package of the giblets and neck, rinsed
1 medium onion and or 1 leek
1-2 carrots (or a handful of pre cut baby carrots)
1 large celery stalk
Teaspoon of peppercorns
1 bayleaf
5 sprigs of fresh parsley

Broth - Begin by removing the giblets and neck from the turkey. Place them in a medium sized sauce pan, add all the above listed ingredients under Giblet Stock above. Cover with water by at least 3-4 inches.

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Bring this mixture to a boil, then reduce to a simmer. Which means a few bubbles here and there. If bubbly scum arises from the top, you can skim it off and discard. If too much liquid evaporates, add more water. Taste it.