



Chicken Meat Stock

1 whole free range or organic chicken or alternately 1kg of chicken legs, necks, backs or wings (Can replace chicken with Turkey or Duck if you prefer, both of these make gorgeous, flavoursome stock)

Ingredients:

Filtered Water

1 tablespoon Apple Cider Vinegar

6-12 peppercorns

1-2 teaspoons Himalayan Rock salt

2-3 Bay leaves

Optional Extras:

1 brown Onion, chopped

1 leek, chopped

1-2 chopped carrots

2-3 celery sticks, chopped

2 cloves garlic

Instructions:

Place chicken into a large stainless steel pot or slow cooker with rest of the ingredients you're using and water (fill the pot or slow cooker until it's about 5cm from the top).

Stove Top:

Bring to the boil and leave to simmer for 2-3 hours on the stove

Slow Cooker:

Turn the slow cooker to low and cook for 12-24 hours. (The longer you cook the stock for the richer and more nourishing it will be).

Once finished cooking, allow the stock to cool slightly before straining. Remove the meat and any gelatinous material and put aside to use later then strain the rest.

If you're going to freeze the stock allow it to cool completely before placing in containers and freezing.