

Boiling Chicken Bones to Make Broth

- (a) Once the cooked chicken is cold, take as much meat off the bones as possible and put the meat into plastic containers in the fridge or freezer (see (b), (c), and (d), below)
- (b) The larger pieces of leftover white chicken meat can be used in sandwiches, or in casseroles, risottos, curries, etc
- (c) The larger pieces of leftover darker chicken meat can be used in curries
- (d) The small pieces and tiny flakes of leftover chicken meat can be used in cream of chicken soup, or chicken noodle soup, or cock-a-leekie soup
- (e) Remove any skin left on the carcass, as well as any other undesirable chicken parts and wrap in newspaper (see (l) below)
- (f) Put the bones in a large saucepan or casserole pot, with an onion, carrot, and celery stick, all chopped in half or quarters, some black pepper, and maybe a couple of bay leaves and/or a sprig of thyme, and cover with cold water
- (g) Bring to the boil, and skim off any 'froth' or 'scum' that forms on the top – this is very important as the scum are impurities that you need to remove
- (h) Turn down the heat and simmer for a few hours, or even all day if you're at home (the longer the better for more flavour). Check the water level periodically and top up with more cold water if needed. Continue to check also for froth
- (j) Add in some fresh parsley, turn off heat and let it stand for a while to cool down
- (k) Stand a colander in, or place a sieve over, a large bowl to strain the broth
- (l) Once strained, put the carcass and veg into two or three sheets thickness (so doesn't seep thru and tear) of newspaper, wrap it up and either sellotape or put it into a plastic bag, and put into the bin
- (m) Pour the broth into one or more plastic containers and freeze for future use as the basis for gravy, soups, casseroles, curries, risottos, etc.