

Chicken Broth

Serves 1 | Active Time: 20 minutes | Total Time: 1 hour 30 minutes

Swick

Making the Broth

To make the broth, rinse the chicken and place into a large pot. Cover with cold water and bring to a simmer over medium heat, while you prepare the vegetables (mirepoix).

Roughly chop the celery, onions, carrots and the white and light green part of the leek.

Skim the broth before adding the mirepoix and salt to the pot. Bring everything back to a gentle simmer and let cook for about 30 to 45 minutes, skimming the surface as needed. Just be sure to not let the broth come to a boil.

Step 1: Making the Broth

- 1 whole chicken
- 2 stalks celery
- 1 medium onion
- 2 small carrots
- 1 leek
- 1 tbsp kosher salt

Checking the Broth

Once the broth has cooked for about 30-45 minutes, check the water level, adding more cold water to cover, if needed. Then add the bouquet garni, which consists of the thyme, parsley, bay leaf and peppercorns. If the chicken floats out of the broth, gently turn it over. Let simmer for another 20 to 30 minutes.

Step 2: Checking the Broth

- 2 sprigs fresh thyme
- 1 small bunch parsley
- 1 bay leaf
- 1 tsp black peppercorns

Finishing the Broth

Once the broth has simmered for about an hour or so, remove the chicken and place it onto a plate. Let it cool slightly while you strain the broth. When the chicken is cool enough to handle, remove the meat and take off the skin and any fat.

This fully cooked chicken can be use in many other dishes such as salads, quesadillas and pot pies. Left behind is a healthy and flavorful broth that can also be used in many other dishes.

Step 3: Finishing the Broth