

Chicken Stock Recipe

Ingredients

- Chicken bones, cartilage and any juice or tasty bits
- Carrot
- Celery
- Mushrooms (i.e. Shiitake dried mushrooms)
- Bay leaves
- Peppercorns
- A spoonful of Apple Cider vinegar
- Parsley

Directions

1. Add all the ingredients to a pot or, ideally, a slow cooker.
2. Cover completely with water, bring to a simmer and turn it down to a low simmer.
3. Let the essence of the stock cook low and slow. The longer it cooks, the more goodness is extracted, and if cooked for 24 hours becomes a 'bone broth'. You may need to top up with water as it will reduce while cooking, or you can simply dilute it to taste when you are using the final stock.
4. Once cooked, strain through a steel mesh strainer.
5. You may need to remove any fat that settles on top once cooled.



We usually discard the ingredients, but not the stock of course! However, you can save the vegetables for your dog – the carrot, in particular, can be very sweet.

We never give cooked bones, no matter how soft they have become, so these are discarded. [Wellbeing Essentials Complete 22](#) has all the calcium (from bones) they need.