



Argyle Acres Pastured Raised Chicken Bone Broth

Ingredients:

Bones from a truly pasture raised chicken
2 pastured raised chicken feet (optional, but recommended)
1 tablespoon raw apple cider vinegar (ACV)
2 carrots
2 celery
1 onion
1 bulb garlic, halved
1 tablespoon Redmond's Ancient Sea Salt

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1/2 tablespoon black pepper corns or ground black pepper
2 bay leaf
1-2 teaspoon turmeric
1/2 teaspoon basil
1/2 teaspoon oregano
1/2 teaspoon thyme
1/2 teaspoon crushed rosemary
red pepper flakes to taste
mct oil (optional)

Insta-Pot Pressure Cook Method:

Roast bones and feet (if using) in the oven at 400 degrees for 30 minutes, this will develop a lot of flavor for the end product. Place everything in the Insta-Pot, no need to peel any of the vegetables-throw skins in there and all. Cover with water an inch below fill line. Place lid on and set to "seal", set Insta-Pot on manual for 2 hours. Strain the bone broth in a colander and store in mason jars for up to a week. Freeze for up to 3 months to use at a later date.

Insta-Pot Slow Cooker Method:

Roast bones and feet (if using) in the oven at 400 degrees for 30 minutes, this will develop a lot of flavor for the end product. Place bones, ACV, and seasonings in Insta-Pot. Cover with water to an inch below fill line. Place lid on and set to "vent", set Insta-Pot on highest temperature and slow cook for up to 48 hours, adding vegetables for the last 12-24 hours. Strain the bone broth in a colander and store in mason jars for up to a week. Freeze for up to 3 months to use at a later date.

Stovetop Method:

Roast bones and feet (if using) in the oven at 400 degrees for 30 minutes, this will develop a lot of flavor for the end product. Place everything in stock pot, no need to peel any of the vegetables-throw skins in there and all. Cover with enough water to cover bones and bring to a boil. Reduce heat to simmer and cook for at least 24 hours. Strain the bone broth in a colander and store in mason jars for up to a week. Freeze for up to 3 months to use at a later date.

Notes:

- We prefer the slow cook method. The longer the better.

- Because you are leaching nutrients from the bones we recommend only using bones from truly pasture raised animals.
- Avoid cooking the vegetables for more than 24 hours for best flavor
- You know you've extracted all of the nutrients when bones break apart when pressed between your fingertips
- Add MCT oil to the finished product
- You can strain the broth through cheese cloth as well if you want your broth to be clear. We don't mind some of the sediment.