

## Brodo's roasted chicken broth

adapted from  
Marco Canora

Makes about 9 litres

### **GET REMY OUT OF FREEZER IF YOU HAVE IT**

8 pounds (preferably organic) chicken necks and backs  
1 to 2 pounds chicken feet (available at Fairways)  
any leftover chicken bones you've saved from previous meals  
3/4 c vinegar (apple cider recommended)  
3 medium carrots, scrubbed and coarsely chopped  
6 celery stalks, coarsely chopped  
1 Tbsp black peppercorns  
4 bay leaves

If you have an 18-quart roaster oven, place the chicken carcasses in that, turn up to 350 or 375F, and roast til browned, 1 to 1 1/2 hours.

If you don't have one, preheat your oven to 375 degrees. Arrange the bones in a single layer in a roasting pan or on rimmed baking sheets. Roast the bones until well browned, about 1 1/2 hours. Then place bones in a very large stock pot.

Add chicken feet, remy (if you have it), vinegar and cold water to cover by an inch or two. Bring to a boil over high heat, skimming off the foamy impurities every 15 to 20 minutes (may not be necessary, especially with organic chicken). This can take up to an hour.

As soon as the liquid boils, reduce the heat to low to achieve "the perfect simmer."\* Skim once or twice if you want. Then add carrots, celery, peppercorns and bay leaves and push them down into the liquid. Cover with lid ajar, and continue to simmer for 18 to 24 hours, until the bones are soft.

Use a spider skimmer to remove solids (save to make remy). Add a couple of cups of ice cubes; stir until melted. Then strain the broth through a fine-mesh strainer.

Meanwhile, heat 1-litre mason jars in oven, about 170F.

Transfer the broth to the jars and refrigerate for two days so the fat solidifies on the top. Then spoon off the fat and save for cooking. Store the broth for up to 5 days in the refrigerator or freeze for up to 6 months.

\***Video for the perfect simmer:** <http://www.thehealthyhomeeconomist.com/video-the-perfect-simmer-on-your-stock/>