

Thai Chicken Bone Broth

Makes 4 quarts

This is a very flavorful broth that is filled with aromatics from Thailand like lemongrass, ginger, chilis, and basil. Feel free to add a shot of soy sauce or fish sauce to add even more flavor!

Sip this on its own or use it as your base for an Asian soup by adding veggies, chopped chicken and cilantro.

Directions

Day 1: Put the bones in an 8-quart stockpot. Add the vinegar and fill with cold water. Put on the stove and cook on the lowest heat a minimum of 12-18 hours, uncovered. I usually leave it on low overnight. The water will barely be bubbling. Not even simmering. If this makes you nervous use your crockpot and reduce the size of the recipe to fit.

Day 2: Add all your aromatics and add more water to make up for any that has cooked off. I cook the veggies for about 8 hours or overnight if I'm adding them at night.

Last Step: Let the broth cool for a few hours then strain the broth. You can do this any way that is convenient for you. I store the broth in Ziplock quart containers mostly because the lids screw on and they freeze nicely. I don't recommend mason jars in the freezer. I have lost multiple quarts of broth to a cracked glass. Jars are fine for the fridge.

Tips:

- As long as your veggies and herbs are clean I don't peel or de-stem anything, even onions. Onion skin is actually flavorful, nutritious and makes your broth a golden color.
- The fat will harden at the top making it very easy to spoon off.

Ingredients

- 2.5 pounds chicken bones
- 1/4 cup apple cider vinegar
- 2 large onions, cut in 1/8 with skin on
- 2 carrots, cut in 1 inch pieces
- 2 celery ribs, cut in 1 inch pieces
- 1 tbsp black peppercorns
- 1-2 stalks lemongrass, cut in 1 inch pieces
- 3 star anise
- 3 dried red chilis
- 1 bay leaf
- 1/2 cup ginger chunks
- 1 bunch of assorted herbs like basil, mint, cilantro

- I salt my broth when I warm it up to drink because I also use my broth for cooking recipes and I prefer unsalted broth for cooking.
- You could salt your whole pot if you prefer.
- My husband likes to add spices and sometimes chopped herbs to the broth he is warming up. He brings a large Hydroflask (insulated bottle) to work and sips on it all day.
- One of my favorite time and money saving tips for making bone broth is to freeze the trimmings of any veggies and aromatics that are good in broth as I'm cooking other things. I then freeze them in bags until I am making a big pot of broth. I add the frozen contents of the bags on day 2. ■