

YIELD: ABOUT 14-16 CUPS

Best Chicken Feet Bone Broth

Ingredients

- 1 1/2 to 2 lbs. chicken feet, pasture-raised, toe nails trimmed off, washed and rinsed, you can add other carcass chicken bones, necks, wing tips
- 1 bundle of fresh herbs with stems, rosemary, thyme, basil, parsey, oregano, tied with cooking twine
- 1/2 sweet onion, large, cut in big chunks
- 2 Tbl. apple cider vinegar



Instructions

1. In a large stock pot over medium high heat, put the chicken feet, herb bundle, onions and apple cider vinegar.
2. Add water to about 3 inches from the top. Cover and let the water come to a boil. Cook for about 30 minutes at this roaring boil (lid askew).
3. Reduce heat to medium, cover, continue to add water and cook for another 8+ hours checking to see when water needs to be added.
4. When finished, remove the bones, skin, etc. with a 'spider' spoon or slotted spoon.
5. Let the bone broth cool somewhat then use a mesh strainer and strain twice removing other small things.
6. Cool and either put in canning jars and refrigerate or into freezer bags to freezer.

Notes

The broth will keep refrigerated for about 7 days.

Process for a slow-cooker: Add all ingredients and cook on the low setting for 18 to 24 hours. Cool, strain and finish for storing.

The knuckle and neck bones are packed with collagen!

Freezing the broth will keep for up to about 3 months.



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