

## **Chicken Bone Broth Soup**

Bone broth is heroic in its healing powers. In Chinese medicine, broth is one of the fastest ways to build back your Jing (inherent life force energy). Properly prepared, meat stocks are extremely nutritious, containing the minerals of bone, cartilage, marrow and vegetables as electrolytes, a form that is easy to assimilate. Acidic wine or vinegar added during cooking helps to draw minerals, particularly calcium, magnesium and potassium, into a broth. The stockpot is the most important piece of equipment to have in one's kitchen. The public is generally unaware of the large amount of research of the beneficial effects of gelatine taken with food. Gelatine acts first and foremost as an aid to digestion and has been used successfully in the treatment of digestive disorders including hyperacidity, colitis and Crohn's disease.

In folk wisdom, rich chicken broth- the famous Jewish Penicillin- is a valued remedy for the flu. Modern research has confirmed broth helps prevent and mitigate infectious diseases. The wise food provider, who uses gelatine rich broth on a daily or frequent basis, provides continuous protection from many health problems.

I would like to share with you how I make chicken soup.....

\*Note: This will need to be made on a day you are home all day

- Whole organic chicken
- Vinegar
- Onions and garlic
- Soaked (6-12 hours) Brown rice, Barley or grain/legume of your choice
- Celery
- Sweet potato and or potato
- Carrot
- Spinach, bok choy or greens of your choice
- Herbs or seasonings

Method:

In the morning, in a large pot (you will need another super large one as well) fry up some garlic and onions then fill the pot up with water and bring to the boil) Add some sea salt, any seasonings or herbs you desire and the chicken

Simmer chicken for about 30 minutes, remove and let stand to cool

Remove chicken from the carcass and place the chicken in a glass container, when cool place in the fridge.

The chicken carcass and skin will now go back in the pot of water with some vinegar (draws out the calcium and marrow from the bones) and simmer for up to 6 hours. The bigger bones of the carcass you want to chop in half with a mallet (it sounds hard but you will get the hang of it) so the marrow can be more easily released.

Get a colander and strain the broth into your super large pot.

Put the new pot with the broth back on the heat. Add your soaked grains and vegetables. Simmer for one to two hours. Half hour before you wish to serve the soup for dinner, add in the chicken.

Serve and enjoy!

This is the most nourishing and hearty meal and there is always plenty of leftovers. I always make this bone broth soup for my girlfriends who have just had a baby to help build back their 'Jing' (life force energy) and blood lost through the birth.