

Chicken Stock (from Raw Chicken)



Prep time	20 minutes
Cook time	2 hours
Total time	2 hours, 20 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical
Misc	Freezable , Pre-preparable

Ingredients

- 1 Whole chicken ((or chicken pieces))
- Water
- 1/2 Swede (peeled)
- 1 Stick Celery (chopped in half)
- 1/2 Potato (peeled)
- 1/2 cup Green beans
- 2 cloves Garlic
- 1/2 Leek
- 1 Small bunch Chives
- Salt (to taste)

If moderate salicylates are tolerated, include: (Optional)

- 1 Small bunch Parsley (stalks only)
- 1 Carrot
- 1 Small bunch Bok Choy (leaves and stems)
- 200g Sweet potato (peeled)

Directions

1. Place the chicken and all the vegetables into a large saucepan and add enough water to cover.
2. Bring to boil and allow to simmer for 2 hours for a whole chicken or 1 to 1 1/2 hours for chicken pieces.
3. Remove the chicken and put aside. Strain off the vegetables. Add salt to taste.
4. Use immediately or store in the freezer for later.
5. Store the chicken meat in the freezer until needed.

Note

Low Chemical / Failsafe, Moderate Salicylates, Amines

Chicken skin contains amines, so if you are unsure if amines are tolerated, remove the skin from the chicken.