

CHICKEN BROTH

APPROX TIME: 1-6 HOURS

INGREDIENTS

Bones from 2 roasted whole chickens (I remove the meat and put in a separate container then store the bones in the freezer till I'm ready to make the broth). If you are making a stock for soup, you can add some vegetables but if you are making a broth, only cook the bones since veggies can get bitter with too much pressure cooking.

DIRECTIONS

- Plug in machine, it will read "OFF".
- Place the chicken bones in your Instant Pot (no rack needed). Break up the bones if necessary to ensure all the bones lay flat and will be covered with water.
- Cover bones with fresh, cold water - about 9-12 cups.
- If you want to season the water you can though I prefer not to so I have more flexibility to use my stock in multiple dishes.
- Ensure the sealing ring is in place before locking the lid.
- Use the manual or pressure button
 - set the machine for 30 minutes to 4 hours. Half hour will result in a stock with less collagen which is great for a soup base. 4 hours will result in a rich, thick broth. In either case, the machine will take up to an hour to reach pressure which is part of the cooking process.
- Once the machine has finished it's time cycle it will beep and display L0:00. If you just want a simple flavored stock, you can **Quick Release** (flip the knob and release all the steam). For a richer broth, allow the IP to **Natural Release** (leave it alone) for up to an hour.
- Strain the broth from the bones. Use immediately or freeze.

If you want to cool your broth faster so you can refrigerate or freeze it, fill your sink with about 6 inches of iced water then gently place the IP steel pot containing the broth into the water. Let it sit covered for 20-30 minutes.