

CHICKEN BROTH (Jewish penicillin) is a valued remedy for colds and flu.

1 whole chicken or 2 to 3 pounds of bony chicken parts such as necks, backs, breastbones and wings.
Gizzards from one chicken (optional)
Feet from the chicken (optional) Note: Jewish folklore consider this the secret to successful broth)
4 quarts cold filtered water
1 tablespoon vinegar
1 large onion, coarsely chopped
3 stalks celery, coarsely chopped
1 bunch parsley

Place chicken or chicken pieces in a large stainless steel pot, with the water, vinegar and all the vegetables, except the parsley. Bring to a boil and remove the "scum" that rises to the top. Cook for at least 12 hours, and up to 24 hours. The longer you cook the stock, the richer and more flavorful it will be. About 5 minutes before finishing the stock, add the parsley.

Remove from the heat and take out the chicken or pieces with a slotted spoon. If using a whole chicken, let it cool and remove the meat from the carcass; use for salads, curries or sandwiches. Strain the stock into a large bowl and refrigerate until the fat rises to the top and congeals. Skim off this fat and reserve the stock in covered containers in your refrigerator or freezer.