

Brodo Fatto in Casa – Homemade Italian Broth

Ingredients	Preparation
<p>Ingredients:</p> <p>1/2 of a Chicken 2-3 Pieces Ox-Tail (or Beef Bone Pieces) 1 Onions 2 Celery Stalks 2 Carrots 1 Bullion Cube Sprig Rosemary Salt/Pepper Approx. 5 Liters Water</p> <p>Suggested Wine Pairings:</p> <p><u>Tomisa Ciparisso Pignoletto Semi-Sparkling White Wine Organic</u></p> <p><u>Tomisa Barbera Organic</u></p>	<ol style="list-style-type: none"> 1. Begin by cutting the onion, celery, and carrots into quarters into a large soup pot. Add the oxtail or beef bones, rosemary, bullion, a little salt and pepper, and cover it all with water. Bring it all to a boil while covered. 2. After about an hour, add the half chicken, either whole or in pieces, and add water as needed to submerge all the ingredients. Leave uncovered, and simmer for several more hours, usually around 3 hours (the older the chicken, the longer it will need to simmer). During this time, a grey foam may start to form on the top of the boiling water. Skim it off and remove it for a clearer broth. 3. When the meat is tender, remove it. Remove as many pieces of beef and chicken as possible, then strain the liquid to remove vegetables and any leftover bone-debris. 4. Enjoy the meat in separate dishes, use the broth for sipping, cooking, or for tortellini in brodo, or serve a little bit of broth and meat for chicken soup or bollito misto. The combinations and possibilities are endless!

Broth is delicious to sip on its own, but a good broth can elevate a soup or dish to new heights. Because of all the vitamins, minerals, collagen, and other healthy benefits that broth give you, it is important to source the freshest ingredients possible. Once you've made your broth, you can do so many things with the broth itself, but also the left-over meat used to create it. Shred the meat for delicious salads, or serve it with a little broth on the side and your condiment of choice for some Italian *bollito misto*. Use even more broth to create a homemade chicken noodle soup. Or use the broth by itself to cook *tortellini in brodo*, or the Bolognese traditional dish tortellini in broth. Experiment and enjoy discovering all the delicious things you can do with homemade broth!

