

GET EVERYTHING YOU CAN OUT OF ALL YOU'VE GOT

How to
**GET THE MOST OUT OF
YOUR \$15 CHICKEN**



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Nurturing the Art of a Healing Table

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Introduction

The hunt has been on for sourcing **organic, pastured, locally-raised chicken**, and now that you've bagged one, you want to get every nickel of nutrient goodness out of it.

Prioritizing your food budget toward the highest quality food is both a good idea and a wise commitment.

It will pay off by providing **nutrient-dense proteins** in the form of bone broths, which-----made into wonderful sauces, soups and gravies-----also provide **minerals and digestion-enhancing gelatin**.

Definitely worth the effort.

So, where to start?

The step-by-step method below will make it easy to have **succulent, chicken-based meals** with minimal time, effort, and cost.

Of course, this is a proposed schedule which you can modify to suit your own home, but it clearly presents a pattern for you to follow.

More importantly, it demonstrates **how to get every last drop of nutrition from your food investment**.

Jamie

Sunday



Brine a large chicken in a pot in 1 gallon water and 1 cup Celtic salt for one hour.

Use giblets---heart, neck and gizzard---if available.

And, yes!---these organ meats will up the nutrient content, so obtain/include if at all possible.

Drain and pat dry.

Pre-heat oven to 350 degrees.

Slather good fat (butter, ghee, chicken/beef fats, etc.) on the chicken and place in covered roaster.

Lower oven temperature to 200 degrees and **roast for 12 hours.**

That's right: **LOW AND SLOW.**

After that time, the meat will nearly fall off the bone and the brining has ensured that the meat will be tender and succulent.

Monday



Cool the meat and remove from the roaster.

Strain off the liquid in the roaster and save in refrigerator for tonight's gravy.

Separate the meat from the bone, placing white meat in one container, and the dark meat (with giblets) in another. Keep these refrigerated.

Now, make the bone broth:

Place the neck, bones, skin, and cartilage ----in other words, ALL of the remaining carcass----into a heavy-bottom stainless stock pot.

Cover with water (the purest you have) and add 2 TBS. apple cider vinegar, 1 tsp. Celtic salt.

Set lid ajar and bring pot to a boil, then immediately turn down to a slow simmer.

Keep at a slow simmer 12 hours (all day), replenishing water when necessary to cover all materials in pot.

First Chicken Meal

CHICKEN WITH RICE, GRAVY, AND CARROTS



Rice:

Measure 1 cup of dry white basmati rice, and pour into 2 cups of simmering chicken broth or water.

Stir and cover with lid.

Turn down heat and allow the rice to absorb the liquid.

Turn off heat and allow it to rest (covered) while preparing remaining dinner.

Chicken:

Remove one of the chicken breasts from fridge, slice, and set in a 200 degree oven to warm.

First Chicken Meal (Cont.)

CHICKEN WITH RICE, GRAVY, AND CARROTS

Gravy:

Remove the fat from the top of the reserved roaster liquid.

Measure 1 TBS fat and put in a pan on medium heat, reserving the rest for other uses (refrigerate or freeze).

To the heating fat, add 1 TBS of thickening agent such as flour (I use rice flour) and stir it in.

Cook and stir for a minute or two until slightly browned.

Finally, add 1 cup broth and stir quickly to mix well as it thickens.

Add broth or water if you need more liquid, and cook until desired gravy consistency.

Pour gravy over the sliced chicken breast warming in the oven.

Carrots:

Saute carrots cut into coins in butter to slightly caramelize.

Serve the chicken breast slices over the rice, top with gravy and the carrots on the side (or mix together).

After Dinner



Strain the bone broth that has cooked all day.

Put in glass container and place in fridge.



Leftover carcass material can be put aside for compost or animal food; or, covered with water and simmered again until bones disintegrate.

This is bone broth, as well, but has no chicken flavor.

Second Chicken Meal

CHICKEN AND RICE SOUP

Remove the second chicken breast and hearts from the refrigerator and dice.

Also dice onion, carrot and celery.

Saute all in butter and add to a warming pot of your chicken bone broth.

Stir in rice to cook, and when done, serve with cream.

Third Chicken Meal

DICED CHICKEN AND FRIED RICE

Remove the dark meat and gizzards from the fridge; dice.

Gather 2 c. cooked rice, 3 TBSP butter, 1 c. frozen peas, 1 diced onion, 2 TBSP soy sauce, 2 TBSP Worcestershire sauce, 1/2 tsp black pepper and 1/4 tsp salt.

Saute' diced onion in butter, add frozen peas, chicken and gizzards.

Cook to warm all ingredients.

Lastly, add the rice, sauces and spices and stir fry quickly with the addition of one egg.

Do not over cook. Serve with butter.

Conclusion

This is BASIC. SIMPLE. EASY.

Embellish as you desire with a variety of locally-sourced veggies, grains, or other dairy such as cheese.

For \$15.00 of protein source, you can make 3 nutrient-dense meals that are sure to please.



Laurie Smith and Jamie Fiene of Foodwifery

For more traditional meals made with real food, visit:

<http://www.foodwifery.com>