

SAMSSites Recipes

Turkey, Chicken Broth

My own

I have always loved soups. I have come to some special ways of creating soup my own methods. I do not use any salt in my cooking or as little as possible. I find it a challenge to get a good flavor without salt. I believe we rely on it to much. We are then working with the real flavor of the food. Plus, too much salt is not healthy eating.

- Turkey, chicken carcass or bones and skin
- Water
- Crushed red pepper
- Celery
- Onion cut in half



The photo is a turkey carcass. It is in a 10 quart pan. The amount of water can vary to the size of the bones and skin added. I always add crushed red pepper. This is to taste. In this one I added about 1/3 teaspoon of red pepper. Add celery and onion whole. Bring to a boil then simmer for a couple hours. Let cool. Strain, maybe retrieve some meat off the bone. Put broth in the refrigerator over night. Skim the fat off the top of the broth, freeze or make soup right away.