

The Stretched Chicken ...series of Chicken-inspired meals

Your grandma went out back and caught, killed, plucked and eviscerated her own chickens that she had grown from chicks and fed for months. Having a chicken every day or even every week was nigh impossible, just too much work!

Now, you can Buy an organic or locally raised chicken that out-rivals her bony hen. Shop for Organic meat, please - it has better flavor, is better for you without all those hormones and antibiotics and GMO feed that the cheap commercial birds have been fed. Eat a better quality of less meat and your pocket book will do just fine. Grocery Outlet has packs of organic thighs with bone-in, which are very inexpensive and offer excellent value and taste, and bones for making broth. Rocky Chicken, etc.

Ok, - now you have a chicken...rinse it well, and plop into your cooking pot. I use a vintage Dutch oven or choose a crock pot if I am going to be gone until just before dinner.

The 3 Meal Chicken:

Bake, roast or poach a whole Organic chicken. One way is in the Slow Cooker!

Poaching method:

- 1- You put the whole bird into a large cooker, (take skin off if you wish)
- 2- Cover with water (I add the giblets, since they have more nutrition than the meat)
- 3- Cook on LOW for up to 8 hours, or until meat near the bone is no longer pink (it is almost impossible to overcook using this method) (Add vegetables such as potatoes, carrots, onion about 2 hours before serving if you wish)
- 4- First meal is pieces of the bird itself with sides of rice, veggies, salad. You now drain off the water – this is a broth that can be used later for soup. freeze it or use it in step 6.
- 5- Strips of shredded meat are taken from the bones to be used in tacos, rollups, a casserole or salad. (Second meal from that chicken!)
- 6- The bones, gristle & bits are now covered & boiled again – for up to 2 days - boiled in some of your original stock if you wish. If you use a crock pot it does not need to be watched. A splash of wine or vinegar helps the chicken bones to dissolve into the stock making a hearty calcium rich broth that is good for bones & teeth, joints & muscles. For a hearty soup, add the last bits of meat back in, add precooked vegetables, noodles, rice, or any other favorite seasonings or ingredient. (Third meal from that chicken!) Sometimes I make 2 sets of stock...first I pour off the golden broth from a 12 hour simmer, and use it to flavor soups or rice, it is very rich and hearty, full of flavor. Then I add more water, and simmer the bones for up to 2 more days, crushing them up after a day to release the nutritious calcium and minerals into the stock. This stock is less flavorful, but is nutrient dense and will help your joints and bones stay healthy. You can freeze bones into a common bag, adding to it until ready to make a stock. Add carrot or onion ends, potato peels, celery or parsley stalks into the same on-going freezer bag for even more flavor and nutrients.

Roasting Method: the chicken in your oven or crockpot (or even solar oven)

Oven - 1 ½ hour at 350 (add the giblets and some garlic & potatoes are great)

Crock Pot - 5 hours on High - just a whole chicken in the pot, add no water (potatoes are ok here too)