

## Light Meat Broth

Recipe courtesy of Solving the Pasta Cookbook

*NOTE: This broth is needed when making Sausage Lentil Soup*

3 lbs chicken backs or wings, washed  
2 lbs veal neck bones, or other economy cut  
1 fresh or canned plum tomatoes  
1 onion, unpeeled and washed, quartered  
1 large carrot, peeled and cut into quarters  
1 large celery rib with leaves  
handful of flat leaf parsley leaves and stems  
1/8 teaspoon whole peppercorns  
approximately 8 cups water  
2 to 3 teaspoons salt, depending on quantity of water used

Trim any excess fat from the chicken pieces.

Select a deep soup pan in which all the meat will fit comfortably. Put in all the ingredients up to and including the peppercorns. Add the cold water to cover the ingredients by 2 inches, up to a maximum of 8 cups.

Cover the pan and bring to a boil. Immediately reduce the heat to low and simmer steadily and gently, partially covered, for 2 ½ hours, until the liquid is full bodied and tasty. Check the broth occasionally, keeping it at a gentle simmer. Skim the surface to keep the broth clear. Do not allow it to return to a boil.

When the broth is finished, skim off any fat that has risen to the surface. Using tongs, remove the meat and bones. Strain the broth through cheesecloth or a very fine sieve into a bowl. Add salt to taste if you are using the broth immediately.