



Chicken Stock

Yield: 1L
 Cooking Time: 4 Hours for the chicken stock

<u>Ingredients:</u>	<u>Equipment:</u>
<ul style="list-style-type: none"> • 700g chicken bones, or the carcass of a roasted chicken • Cold water, enough to cover the bones plus two fingers width • 1 carrot, sliced into 3 cm pieces (bite-sized pieces) • 1 stalk celery, sliced into bite-sized pieces • 1 small onion, cut into bite-sized pieces • 1 leek, rinsed then sliced into thumb-sized pieces (use the white and light green part) • 1 sprig fresh thyme • 3 parsley stems • 1 bay leaf • 1 tsp (5mL) black peppercorns 	<ul style="list-style-type: none"> • large stock-pot • liquid measuring cup • small knife • kitchen tongs • wooden spoon • fine mesh strainer and a bowl, or pot it fits over (to strain soup) • containers, to store stock • cutting board • ladle

Chicken Stock:

1. Remove skin and extra fat from the chicken bones. Rinse the bones in cold water if they are raw.
2. Put the chicken bones in a large stock-pot and add cold water. Add water until the bones are covered, plus 2 finger widths more.
3. Put the uncovered pot on the stove and turn on high. Bring to a boil. Do not stir.
4. While the water is coming to a boil, cut up the vegetables into 3 cm sized pieces.
5. Get the other ingredients ready to put in your stock-pot. Tear off the parsley tops and save them for another use. Use the stems in the stock.
6. As the water is coming to a boil, use a large, flat spoon or ladle to skim the foam from the top. You can put this down the drain in the sink. Do this

- whenever you see foam.
7. Once the water has come to a boil, add the vegetables and other ingredients to the pot. Bring to a boil.
 8. Lower the heat to medium-low and simmer the stock for 2 hours. When the stock simmers, you will see a little bit of movement on the top of the liquid. You do not want the stock to boil.
 9. After 2 hours, turn off the heat and let the stock cool down a bit. To strain the stock, use a ladle to remove the stock from the bones and vegetables. Ladle the stock into a fine strainer over a bowl. Compost the bones and vegetables.
 10. Cool the chicken stock in the fridge or by placing the pot or bowl in a sink of ice water. Give it a stir every now and then to help the cooling process.
 11. The fat should rise to the top and get hard when the stock has cooled. Scoop the fat off and compost this.
 12. Your stock is now ready to use. Use it within 4 or 5 days or freeze it in smaller containers. This way, the next time you want to make soup you are ready to cook.

Tasty Tip:

- You can make different amounts of stock. Just remember: when the bones are in the stock pot, cover them with water plus two finger widths. Adjust the vegetables and herbs you use to the amount of bones you have. You should have 2/3 bones and 1/3 vegetables.
- If you do not have a leek just use another onion.