

Chicken Stock

a recipe from www.maureenabood.com

Store the stock in the freezer in zip-lock bags, ready to make soup, rice and other grains, and sauces that much more delicious. A cup for the chef when the stock is done, with a dash of salt, is a good way to end up a day of stock-making. If the stock is from a roasted chicken, much of the meat will have been eaten, which is fine. If making from raw chicken, the meat after cooking for several hours is typically spent, and discarded. Use up any extra herbs for the bouquet garni (which can be tied up with kitchen string tucked into a piece of dark green leek, for easy removal) by making several at once and freezing them in a bag for use in stocks, soups and stews.

1 4-5 pound chicken, either roasted or raw

3 onions, peeled and quartered

3 carrots, peeled and cut into 1" pieces

2 celery stalks, trimmed and cut into 1" pieces

bouquet garni (1 sprig parsley, 1 spring thyme, 1 bay leaf)

Remove excess fat from the bones and the chicken. If using a roasted chicken, remove any seasoned skin. Cut the chicken into pieces if needed to allow them to fit easily into the stock pot.

Place chicken in a large pot with enough cold water to cover the bones by about 2 inches. Heat to boiling over medium-high heat, skimming the surface to remove scum. Do not let the stock boil for more than a few seconds; boiling makes the stock cloudy. Turn down the heat to low immediately.

Add vegetables and bouquet garni, and stir to combine. The vegetables and chicken will float and stick out at the top, which is not a problem. Simmer gently over low heat with slow bubbles forming for 4 hours. Skim the top every so often, adding about ½ cup of cold water every hour as the stock evaporates.

Strain the stock through a colander into a large bowl or container. Cool completely in an ice bath. Refrigerate in airtight containers for up to five days, or freeze in 1-2 cup portions.