

Chicken Stock



Chicken Stock Recipe

Yields 2qt (2L)

1.5 lb. (675g) chicken such as back bones / legs / wings / necks / feet...

1 carrot, unpeeled, washed and chopped

1 celery rib, washed and halved

1 white onion, unpeeled and quartered

1 clove

2 garlic cloves, crushed

1 leek, white part / washed and halved

3 parsley stems

4 sprigs fresh thyme

1 bay leaf

1 tsp black peppercorns

2 cups (500ml) Sauvignon blanc or Chardonnay

2 qt (2L) cold water

Do not add salt.

Method

Place chicken parts under cold running water until they are cleared of remaining blood and impurities. Place chicken and all ingredients in a large pot. Bring to boil and let simmer slowly for 2 to 4 hours; covered. Do not stir the stock or it will get cloudy. Eventually skim off surface to remove remaining impurities. Carefully pass the chicken stock, discard solids and let cool over ice water. Refrigerate for up to 4 days or freeze for several weeks. Skim off the fat left on the surface of the chilled stock before using. Chicken stock can be used for many dishes, soups and sauces. It can also be reduced to concentrate its flavors.

To make a brown chicken stock: Roast chicken parts and vegetables before simmering in liquids.

