



CHICKEN STOCK

Yield = about 1 gal.

5 lbs. chicken carcasses or bones
1 lbs. mirepoix
2 bay leaves
10 parsley stems
10 whole black peppercorns
10 sprigs fresh thyme
Water to cover, about 6 qts.

1. Place all ingredients in a large stock pot and cover with cold water by at least 1"
2. Turn the heat to high and bring the stock to just below a boil.
3. Reduce heat to a slight simmer (water should not be moving, just bubbles rising to the top) for 3 hours.
4. If any foam appears on the top of the stock be sure to skim that off with a spoon.
5. Strain and cool immediately in an ice bath.
6. Portion and freeze in individual containers when cold.

Remember these guidelines when making chicken stock.

- Start your stock with cold water
- Never boil stock
- Skim any foam that appears on the surface
- Cool stock as quickly as possible
- Roasted chicken bones will make a darker stock