HOMEMADE CHICKEN STOCK

SERVES 10

Preparation time: 20 minutes
Cook time: 2 hours

INGREDIENTS

3 pounds chicken parts or 1 small chicken
2 large onions
2 large carrots
2 celery stalks
1-2 bay leaves
12 cups water

Optional herbs:
1 tablespoon parsley flakes or Handful fresh parsley
¼ teaspoon dried thyme leaves or 1-2 sprigs fresh thyme
1 teaspoon dried oregano leaves or 1-2 sprigs fresh oregano

DIRECTIONS

1. Cut all vegetables into large chunks.
2. In large stock pot, combine all ingredients. Bring to a boil. Reduce heat to low. Simmer for about 2 hours.
3. Remove chicken from pot and let cool. Remove meat and use in a recipe calling for cooked chicken.
4. Strain soup to remove onions, carrots, celery and bay leaf. All of the flavor has gone from the vegetables to the stock, so you can discard the vegetables.
5. Refrigerate stock in a shallow container to cool. Once cooled, skim off the fat that has congealed on the surface.
6. Store stock in the refrigerator for up to 2 days or in the freezer in 2-cup containers for up to 4 months.

SIMPLY GOOD EATING

Preparation time: 20 minutes
Cook time: 2 hours

HOMEMADE STOCK is not supposed to have strong flavors of the herbs, spices, salt or pepper. Stock should be used to take on and enhance the flavors of your favorite recipes.

TIPS & VARIATIONS

- STOCK IS NOT SUPPOSED TO HAVE STRONG FLAVORS of the herbs, spices, salt or pepper. Stock should be used to take on and enhance the flavors of your favorite recipes.
- HOMEMADE STOCK is not loaded with sodium like store-bought stocks. Sodium takes away from the flavor of meats and vegetables.