

HOME MADE CHICKEN STOCK

You will need:

1 or 2 Chicken Carcasses
Seasoning - Salt/Pepper
3 Onions - quartered
2/3 large Garlic - sliced
4 Carrot - skin on/ halved
Fresh chopped herbs.

Use whatever other vegetables you like or have to hand.
Remember strong flavoured vegetables will impact on the flavour of the stock eg swede and parsnip, so use these sparingly.

Method:

Place the chicken carcass in a large saucepan.
Cover the chicken with cold water - this will possibly be around 3-4 pints.
Add your vegetables.
Turn on heat and bring to boil.
Allow to boil for a few minutes, then reduce to a simmer and leave for at least 1 hour. The longer you leave the stock the better the flavour.
Add fresh herbs at the end of cooking.
When the stock is cooked remove and discard the chicken carcass and vegetables.
Allow the stock to cool for a little while.

Useful Tips:

Some people skim off the fat while the stock is cooking.
To make this task easier and your stock healthier.
Cook your stock then when cooling place in the fridge for an hour or so.
The fat will solidify and float to the surface.
Skim off what you require.

When cool, strain the stock through a sieve with a sheet of kitchen roll in the bottom.
This will remove all the remaining vegetable particles and debris and will give you a clear sparkling stock.
Use the stock in your required recipe or freeze in batches for later use.

Useful Tips:

It is easier to freeze your stock if you place it in food bags first.
Place the bag inside a jug or similar container then pour in the stock. Allow enough room to securely fasten the bag at the top. Place in the freezer.