

QUICK BASIC CLEAR CHICKEN STOCK

F EASY

Last Modified: 09/05/2014

PREP: 15 Min
COOK: 2 Hrs
PRESSURE COOKER

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MAKES 2 QUARTS

QUA	MEASURE	INGREDIENT	PROCESS
4 +/-	Pounds	Chicken Scraps / Parts (See Step #1)	Rinsed
2	Large	Yellow Onions	Quartered
2	Large	Carrots (Scrubbed)	1" Chop
2	Stalks	Celery (Leaves & All)	1" Chop
1	Whole	Dried Bay Leaf	
1	Tsp	Whole Black Peppercorns	
8 +/-	Cups	Cold Water	To Cover

PREPARATION

FACTOID	This is a Chicken Stock that will be quite clear, with a very light yellow tint and will end up jelling almost into a solid mass because of the broken-down collagens.
FACTOID	STOCK VS BROTH: Technically, Broths are made using Meat and Stocks are made using Bones. Unfortunately, the Commercial Supermarket canned or boxed versions use very little Meat or Bones. They achieve their "heartiness" from the addition of Glutamates and Nucleotides - Homemade IS for certain the way to go.
FACTOID	REMEMBER: Boiling a Stock during cooking will create a deeply clouded Stock. A low simmer (bubbles just barely breaking the surface) will create a relatively clear Stock.
TOOLS	<ol style="list-style-type: none"> 1) 6.5 Qt Electric Pressure Cooker 2) Fine Wire Strainer 3) Skimming Screen 4) Skimming Ladle 5) Cheesecloth Square 6) Gravy Separator
NOTE	The Picture File for this Recipe also contains pictures of what a skimming screen and a skimming ladle look like.
NOTE	Chicken Scraps are: Backs, Necks, Wing Tips, Feet, etc. that you can purchase from your Butcher. Do NOT use any Organ Meats. Remove and discard any blood lumps or innards chunks you can see and rinse the scraps thoroughly.
PREP	DISH <ol style="list-style-type: none"> 1) Cut the Yellow Onion into quarters and set it aside. 2) Chop the Carrot into 1" pieces and add it on top of the Onions 3) Chop the Celery into 1" pieces and add it on top of the Onions.
1	Place the Chicken Scraps in the pressure cooker with about 4 inches of room left at the top. Add in enough cold water to cover the Chicken by about 2 inches (about 3 Quarts). Bring it to a boil using the brown setting and boil it for 15 minutes, using a flat skimming screen and square skimming ladle to constantly remove and discard any scum and floating fat that rises to the top.
2	Add the Onions, Carrots and Celery on top of the Chicken Scraps. Add in the Bay Leaf and Peppercorns.
3	Lock the lid on and cook it on high pressure for 30 minutes. Turn off the pressure cooker and allow the pressure to decrease naturally (about 20 minutes).

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4	Remove the lid. Pass the stock a ladle at a time through a cheesecloth-lined fine wire strainer over a large mixing bowl. Do NOT press on the solids and discard them.
5	If you intend to use the Chicken Stock immediately: Place the strained Chicken Stock into a gravy separator discarding the fat that floats to the top.
6	If you will be refrigerating or freezing it for later use: Allow the Stock to cool, cover the bowl with plastic wrap and place it undisturbed in the refrigerator for 8 hours. Remove the cold Stock and using a spoon, scrape off and discard all of the fat that has solidified on the top. Place the jelled stock in airtight plastic containers. You may refrigerate it for up to 3 days or freeze it for 3 months. Thaw it completely in the refrigerator before using.