

CHICKEN STOCK

Last Modified: 09/05/2014

PREP: 15 Min
COOK: 4 Hrs
STOVETOP

F EASY

SAUCE-STOCK

MAKES 3 QUARTS

QUA	MEASURE	INGREDIENT	PROCESS
5	Pounds	Chicken Scraps & Parts	Rinsed
2	Medium	Yellow Onions	Quartered
3	Medium	Carrots (Scrubbed)	1" Chop
2	Stalks	Celery (Leaves & All)	1" Chop
2	Whole	Dried Bay Leaves	
1	Tsp	Whole Black Peppercorns	

PREPARATION

FACTOID	This is a Chicken Stock that will be relatively clear, with a medium yellow tint and will end up gelling 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 & 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.
CAUTION	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	<ul style="list-style-type: none"> 1) Large Stockpot & Lid 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 showing what a skimming screen and a skimming ladle look like.
HINTS	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, innards chunks you can see and rinse the scraps thoroughly.
PREP	<p>DISH</p> <ul style="list-style-type: none"> 1) Quarter the Yellow Onions and set them aside. 2) Coarsely chop the Carrots and add them on top of the Onions. 3) Coarsely chop the Celery and add them on top of the Onions.
1	Place the Chicken Scraps in a stockpot large enough to hold them with about 4 inches of room left at the top (8+ quarts). Add in enough water to cover the Chicken by about 2 inches (about 4 quarts). Bring to a boil over medium high heat, using a flat skimming screen and square skimming ladle to remove and discard the scum and floating fat.
2	Meanwhile, wash the Carrots and Celery and chop them coarsely into pieces about 1 inch long. Add on top of the Chicken Scraps. Peel and Quarter the Onions and add on top. Add in the Bay Leaves and Peppercorns. Reduce the heat to a low simmer (bubbles should just barely break the surface). Continue to simmer for 4 hours, skimming about every 15 minutes.
3	Pass the Chicken 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.

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4	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.
5	If you will be refrigerating or freezing the Chicken Stock for later use: Allow the Chicken 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 Gelled Stock in airtight plastic containers. You may refrigerate it for up to 3 days or freeze it for 3 months.