

# FRESH CHICKEN STOCK

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## INGREDIENTS

- Carcass from 2 chickens or 4 drumsticks
- ½ onion roughly chopped
- 1 medium carrot roughly chopped
- 1 stalk of celery roughly chopped, leaves included.
- 2 tablespoons roughly chopped leek, make sure to wash thoroughly before using
- 1 teaspoon crushed garlic
- 2 bay leaves
- Pinch black pepper
- Handful of fresh thyme
- 5 litres cold water

## METHOD

- Place the chicken in a preheated oven of 180 degrees Celsius & let it roast until golden brown.
- Use the fat that was released from roasting the chicken for frying your vegetable.
- Place in a very large pot & on the heat. Allow the pot to get hot enough so that the oil starts to smoke lightly.
- Once it starts smoking add your vegetables into the pot, stir every once in a while. What you want is for the veg to take a caramelised colour, in fact try to let it start to blacken slightly-this is essential for the colour & flavour of the stock.
- Once it starts to take on the desired colour add your garlic, bay leaves & pepper, Stir briefly & then add your caramelised chicken bones/pieces. You can scrape off anything that stuck to the bottom of the tray whilst roasting the chicken, as this contains a lot of flavour.
- Add the water, making sure it completely covers your ingredients.
- Leave on a high heat until the stock starts to boil.
- At this point reduce the heat to a low temperature; your stock will be simmering at this temperature for the remainder of the time.
- Note how there is a “scum” that has risen to the top of the stock-this is from any impurities from the vegetables or chicken. Skim this off every 20 minutes or so-if not done your stock may turn out having a cloudy colour.
- Three rules of thumb when making stocks.
  1. Never stir a stock.
  2. Always let it simmer at a low to medium heat, not boil.
  3. NEVER add salt to a stock, at all!
- Allow the stock to simmer for a minimum of three hours, skimming every 20 minutes or so. We allow the stocks to cook for this long in order to extract as much flavour as possible.
- Once it has simmered for the minimum time & reduced in volume take off the heat & using a strainer or large flour sieve if possible strain the stock into a large bowl or container.
- Allow the stock to cool down to room temperature & then place in the fridge over night.
- Once it has spent the night in the fridge, any excess fat should have created a layer on top of the stock.
- Skim this off & throw away, now your stock is ready to use.
- It can keep in the fridge for no more than a week, but my suggestion is to freeze it into batches, so you can keep it frozen & take out a portioned batch whenever needed.