

Chicken Stock (Basic)

(Makes about 3 quarts)

Time: 40 minutes to 1 hour (or longer if desired)

Ingredients:

3 or 4 lbs of chicken bones, wings, scraps, giblets (leave out livers) or any combination
1 cup roughly chopped onion (don't bother to peel)
1 cup chopped carrots
½ cup roughly chopped celery
1 sprig fresh thyme or pinch dried thyme
½ bay leaf
Several sprigs of parsley
About 3 ½ quarts of water (14 cups)

Instructions:

1. Cut up any carcasses if used into smaller pieces.
2. (Optional) Brown bones in the oven at 500 F (260 C) for about 15 to 20 minutes to get a richer tasting stock.
3. Combine all ingredients except the water in stockpot; add the water.
4. Bring just about to a boil, then partially cover and adjust the heat so the mixture sends up a few bubbles at a time. Skim any scum from the top that may form.
5. Cook for 30 minutes to 6 hours (longer if you have the time).
6. Strain, pressing the vegetables and meat to extract as much juice as possible.
7. Refrigerate, and then skim any hardened fat from the surface. Refrigerate for 4 to 5 days (longer if you boil it every third day, which will prevent spoiling), or freeze for up to 3 months.

Source: Feast Vancouver