



Chicken Stock

INGREDIENTS

- 2 Brown Onions, Peeled and roughly chopped
- 1 Leek, trimmed and carefully washed (optional)
- 3 Chicken Carcasses
- 2 Carrots, roughly chopped
- 2 Sticks Celery with leaves, roughly chopped
- 3 Sprigs Thyme
- 1 Bay Leaf
- Water (enough to cover all ingredients)



Serves: 4 Litres



Prep Time: 5 min



Cooking Time: 1½-2 hrs

METHOD

1. Place the chicken into a stock pot and cover with water (ensure you have enough water to cover all the vegetables once added). Place on the stove top on a high heat and bring to the boil.
2. Reduce to a simmer and skim off the scum that rises to the surface, add all remaining ingredients and cook until desired chicken flavour is achieved (for this recipe portion roughly 1-2 hours).
3. During the cooking process, continue to skim off the scum until no more forms.
4. Once the stock has finished cooking, strain and allow to come to room temperature before refrigerating in an airtight container.

Special Notes: Make sure you roughly cut all vegetables and you don't cut it too small (as this may go through your strainer when straining). Also stock may be refrigerated for 5-6 days or frozen for up to 6 months.



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