



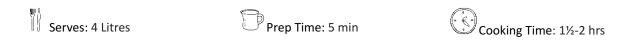




Chicken Stock

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)



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.















