

CRUNCH TIME

Chicken Stock



Serve information: Ice-Cube Tray And Small Containers Of Stock

INGREDIENTS:

1 Roast chicken carcass,
picked clean of meat
1 Onion
1 Celery stalk
1 Carrot
6 Garlic cloves
1 Bay leaf
1 Sprig thyme
2 Sprigs parsley
3 Litres of water
Salt
Sink of ice-cold water for
cooling down stock

EQUIPMENT:

2 large stock pots with lids
Vegetable peeler
Chopping board
Sharp knife
30cm kitchen twine
Ladle
Slotted spoon
Bowl
Sieve/ strainer
Medium pot
Jug
Ice-cube tray
Small plastic containers with lids



METHOD:

1. Place the chicken carcass in a large stockpot
2. Peel the carrot
3. Chop onion into quarters, chop celery and carrot into chunks
4. Make a bouquet garni with the herbs and string
5. Place the vegetables, onion, garlic and bouquet garni in the pot
6. Cover the chicken and vegetables generously with water and season with salt
7. Bring to the boil on the stove
8. Cover and simmer for two and a half hours, skimming the stock every 30 minutes if needed
9. When cooked (take "prepared earlier" stock in pot), remove from the heat and pass the stock through a sieve into another pot, setting aside the solids
10. Lower the pot of stock into a sink of ice-cold water to cool quickly
11. Divide the stock into portions. Pour some into ice cube trays for the freezer and some stock into small containers for fridge or freezer.

ADDITIONAL NOTES:

- 1 roast chicken carcass, picked clean of meat
- Ice-cold water to cool down stock



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