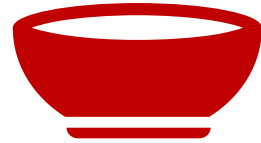


Home-made chicken stock

Prep Time: 15 minutes
Cooking Time: 2 hours
Makes 2 litres (3.5 pints)







Try this standard stock recipe and you'll never go back to adding commercial stock cubes or powder. It has loads of gutsy flavour but no added salt so can be used by anyone on a salt-free diet. If you add salt, use half a teaspoon salt each at a time and taste as you go.

Ingredients

2 kg (4 lb) chicken carcass or wings
2 carrots, chopped
4 stalks celery, diced
1 large onion, chopped
4-6 cloves garlic
1 tablespoon whole black peppercorns
few sprigs of parsley
2 bay leaves
about 2 litres (3.5 pints) water

Directions

-  1. Place the chicken in a large 6-litre soup pot with the carrots, celery including leaves, onion, garlic, peppercorns, parsley and bay leaves. Cover with water and bring to the boil.
-  2. Reduce the heat and simmer, covered, for about 2 hours. Periodically skim off the foam as it rises to the surface. If you add salt, now is the time to add it in.
-  3. Strain through a sieve and chill for 3 to 4 hours or overnight in the fridge. Any fat will rise to the surface and solidify after which it can be easily skimmed off and discarded.
-  4. Your stock is now ready for use or for the freezer. You should end up with around 4 cups or 2 litres (65 oz or 3.5 pints) clear stock. Freeze in two-cup (500 mL or 16 oz) portions ready to add to a future recipe.

Nutrition per serve

One 250 mL or 8 oz cup of stock contains 335 kilojoules (80 Calories), 4 g fat (including 2 g saturated fat), 2 g carbohydrate (including 1 g sugars), 1 g fibre and 170 mg sodium.

