

making chicken stock with scraps

INGREDIENTS

Scraps equal to about one large carrot, stalk of celery and one onion

One or two chicken carcasses or bones from six to seven breasts and thighs

3 quarts of water to cover ingredients

2 Tablespoons vinegar

1 teaspoon whole peppercorns

Salt, to taste

DIRECTIONS

1. Add vegetable scraps and chicken bones to large stock pot or Dutch oven.

2. Cover contents with cold water leaving 2 to 3 inches of room at the top of the pot. Add vinegar and season with peppercorns and salt.

3. Bring liquid to a boil, then put the lid on top, reduce heat to low and simmer lightly for a minimum of four hours and up to twelve hours without stirring. The stock is done when it has reduced by 25% to 40% and is a dark golden brown color.

4. Turn off the heat, uncover the pot, and cool for 20 minutes.

5. Dispose of larger scraps, then ladle the remaining liquid into a container through a fine mesh strainer or cheesecloth. Allow the broth to cool for up to 2 hours and then store in the refrigerator overnight.

6. Scoop the layer of solid fat off the surface, then put the stock into containers for long term storage or store for up to 4 days in the refrigerator.