

Chicken Stock



Ingredients:

- 1 Chicken Carcass
- 2 Cloves Garlic, Unpeeled and Bashed
- 2 Sticks Celery, Roughly Chopped
- 1 Leek, Roughly Chopped
- 1 Onion, Roughly Chopped
- 1 Large Carrot, Roughly Chopped
- 1 Bay Leaf: School to Provide
- Fresh / Dried Herbs of Your Choice: School to Provide Dried Herbs
- Pinch Salt: School to Provide
- Pinch Black Pepper: School to Provide
- Water to cover all other ingredients: School to Provide

You must prepare all the vegetables at home.

You will need a liquid tight container for carrying your stock home in.

Method:

1. Place the chicken carcass in a large saucepan. Add the garlic, vegetables, herbs, salt and pepper.
2. Add the water so it covers all the ingredients.
3. Place the saucepan on the back of the hob and bring to the boil. Skim off any scum that comes up to the top. Place a piece of scrunched over baking paper over the carcass and then turn the heat down to a simmer.
4. Simmer for 30 to 45 minutes. The longer you can leave it, the better the flavour.
5. Use a colander to drain the liquid from the saucepan into a large bowl.
6. Pass the stock through a sieve to remove any other bits.
7. If you would like to make the stock into a soup, the vegetables can be added back in. If you would like to leave it as a stock to make a dish such as risotto, do not add back in the vegetables.
8. You can take off any cooked chicken that is still on the carcass and add this to your stock if you wish.
9. Allow to cool. Once the stock is cold, it should look clear and slightly amber in colour.
10. Refrigerate.



At Home:

1. The chicken stock will keep in the fridge for about 2 days and in the freezer for 2 to 3 months.
2. To use, reheat thoroughly until piping hot.