

Chicken Stock

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Chicken stocks must be done with raw bones, not with already cooked bones. Do not recycle your turkey - it is not safe!

Ingredients

- 1 tablespoon of butter
- 1 ½ tablespoons of vegetable oil
- 4 pounds of chicken bones
- 3 ½ quarts of cold water
- 1 teaspoon of rock salt
- 1 small carrot
- 1 leek (white part only)
- 1 celery stalk
- 1 onion
- 1 sprig of thyme
- 4 small bay leaves
- 2 sprigs of parsley, with leaves
- 12 black peppercorns
- 1 foot of butcher's string
- 1 cheesecloth (8 inches x 8 inches)

Preparation Time	10 min	Difficulty	Simple
Portions	18 servings	Yield	
Country/Region			
Vegetarian	No		

Preparation

Make sure that the chicken bones are fresh, pink and shiny. Remove the excess fat from the bones. Rinse them under cold running water for 10 minutes. Prepare a small vegetable Mirepoix: peel the carrot, and wash and cut the vegetables into 1 inch thick cubes. Prepare the Bouquet Garni; place the bay leaves, thyme, parsley and black peppercorns, on a piece of cheesecloth. Fold it into a small bundle and tie it with a double knot.

Cook the Chicken Stock: Strain the bones. In a stockpot, heat the butter and vegetable oil on low temperature. Add the small Mirepoix of vegetables. Sweat for 10 minutes on low heat. Add the chicken bones, Bouquet Garni, and salt. Cover with cold water.

Make sure that all the ingredients are completely covered with liquid. Stir and bring to a boil on high heat. When the stock begins to boil, reduce the heat and simmer. After 5 minutes, skim the surface of the stock to remove any foam. Continue to cook for about 2 hours, frequently skimming excess foam and grease from the surface.

After cooking, strain the chicken stock through a fine strainer. Cool and refrigerate overnight. When the stock is cold, you can remove the excess fat more easily.

Optional: Add mushroom trimmings to enhance the flavors!

Notes