



Chicken Stock Market

Ingredients

- Chicken bones (weight varies, but aim for bones from one 4-5 lb carcass or 4-6 chicken backs.)
- Cold water
- 2 Onions (Or onion ends-use the skins too!)
- 2 Carrots (or carrot tops and ends)
- 2 Celery stalks (or celery end and celery leaves)
- Parsley (preferably the stems)
- 4 Thyme sprigs (optional)
- 1 Bay leaf (optional)
- 1 Tbs Whole Black peppercorns (Optional)

Procedure

Step 1: Trim chicken bones of excess fat if necessary. Save for another use.

Step 2: Cut the onion, carrot, and celery into large chunks. Ideally, the weight of mirepoix is $\frac{1}{4}$ the weight of the bones. Set aside.

Step 3: Combine the chicken bones and the cold water in a large stockpot.

Step 4: Bring the water to a boil and immediately reduce the heat to a simmer.

Step 5: Skim the impurities from the surface of the stock and continue to do so every few minutes until they dissipate. This should take about 30 minutes.

Step 6: Add the onion, carrot, celery, parsley, thyme, bay leaf, and peppercorns. Simmer the stock for 3-6 hours.

Step 7: Once time has been reached, immediately strain the stock through a sieve into a new pot.

Step 8: Place the pot with the stock into an ice bath to cool. **DO NOT PUT HOT STOCK INTO THE REFRIGERATOR OR FREEZER!** It can breed bacteria.

Step 9: Once the stock is fully cooled, place the stock in a food-safe vessel, label it with its name and date, and store it in the refrigerator or freezer.

Step 10: If your stock is placed into the refrigerator, chicken fat will rise to the top, and the stock will congeal. This is normal. It's due to the extraction of collagen from the chicken bones. You can skim off the fat before you use the stock, but fat is flavor, so save it for another use.