

Chicken Stock, Without a Recipe

Make this stock using at least 1 lb of raw bones. You can increase this as much as you would like. For more colour and flavour, lightly coat the bones with vegetable oil, place on a parchment-lined baking sheet, and bake in a 400F oven until well-browned, about 30 minutes.

INGREDIENTS

Raw Chicken Bones
Cold Water
Onion, peeled and roughly chopped
Carrot, peeled and roughly chopped
Celery, roughly chopped
Garlic cloves, crushed
Parsley Stems
Thyme Sprigs
Bay Leaf
Whole Black Peppercorns

METHOD

1. Place chicken bones in a large, heavy bottomed pot.
2. Using a measuring jug, add water until bones are covered by 1 inch of water. Write down how much water you used.
3. For every two liters of water, you will need 1 large onion, 2 large carrots, 2 celery stalks, 4 garlic cloves, a small handful of parsley stems, a few thyme sprigs, a bay leaf or two, and a teaspoon of peppercorns.
4. Bring water and bones to a simmer and skim off any foam and scum. Once the stock well is skimmed, add aromatic vegetables, herbs, and spices. Simmer over low heat for at least 1½ hour, and up to 12 hours (if making a large quantity). Only a few bubbles should rise to the surface, your stock should not bubble and boil. The longer you simmer the stock, the more you will extract from the bones. A sign of good extraction is that bones fall apart from each other at joints and cartilage connections.
5. Strain stock through a fine mesh strainer lined with cheesecloth into a heatproof bowl or another pot, and let cool to room temperature. Once cool, transfer stock into portioned containers and refrigerate until completely chilled, about 6 hours or more (overnight for simplicity). Once chilled, a well-made stock should wobble like jell-o. This is a sign of successful extraction. Skim off any hardened fat and scum from the surface.
6. Refrigerate up to 5 days or freeze up to 6 months.