



White Chicken Stock

Prep Time 1 hour | Cook Time 2.5 Hours | Yield about 12 cups

Base for many stocks, soups and sauces. You can use any part of the chicken but the wings provide collagen for a deep, rich stock.

INGREDIENTS

- 1 kg chicken wings
- 1 kg chicken carcass or more wings
- Carrot 100 g chopped
- Leeks 100 g chopped
- Celery 60 g chopped
- 1 Onion diced
- 1 Bouquet garni
- ½ tsp salt
- ½ TB black peppercorns
- 2.5 – 3.0 liter filtered water

COOKWARE

- 6 quart Stockpot
- Slotted spoon
- Colander
- Coarse sieve
- Fine sieve
- Large bowl

DIRECTIONS

1. Prepare and weigh ingredients. Gather all cookware and utensils and create your mise en place.
2. If not already done so, cut chicken wings at joints to create smaller pieces. Rinse the chicken under cold running water, careful not to splash.
3. Place chicken wings/carcass into stockpot and cover with water (not the filtered water yet). Bring to a boil.
4. After reaching the first boil, quickly remove the scum from the top then strain chicken into a colander. Rinse.
5. Place chicken back into stockpot and cover with the filtered water. Add more water, if needed. Bring to a boil and remove any scum floating at surface.
6. Add vegetables, bouquet garni, salt and peppercorns. Remove scum again.
7. Reduce heat, partially cover and let simmer 2 hours.
8. When done simmering, remove chicken with slotted spoon and reserve. Strain stock through coarse sieve and discard vegetables. Strain again through fine mesh sieve.
9. Stock can now be used immediately or cooled in an ice bath and placed in refrigerator.
10. After the stock has cooled in the refrigerator, remove fat from top and portion, then freeze.

Stocks will keep for about 3 or 4 days in refrigerator or up to 6 months in the freezer. TIP- put 1 cup of stock in properly labeled Ziploc bag and freeze.