

## Chicken Broth

<u>Ingredient</u>	<u>Quantity</u>	<u>Instruction</u>
roasted chicken carcasses	3	
yellow onion	1 large	quartered
orange carrots	3 large	halved
celery	3 sticks	halved
garlic cloves	4 large	peeled
whole black peppercorns	1 tsp	

- In a large stock pot, put all the ingredients in & cover with water.
- Bring to a boil. Then, reduce the heat so the stock simmers uncovered. I usually simmer the stock for three hours after it boils; the time depends upon the amount of bones & the amount of water. If the carcasses are frozen, the water won't cover them until they cook for about an hour. Use a flat-edged wooden spoon to gently break up the carcasses & submerge them.
- After two or three hours, or when the flavor seems strong enough to you, strain it through a large strainer into a large bowl & freeze it, or leave it in the large bowl to use today or tomorrow.
- Throw away the cooked bones & veggies.
- Skim & throw away the fat layer that congeals on the top as the stock cools.

### NOTES:

The carrots need to be orange carrots, not purple, & the onions need to be yellow onions, not red, because purple carrots & onions turn the broth gray.

Freeze the bones from every chicken that you roast to use later for stock.

If you don't have roasted chicken carcasses, you can use a whole, fresh chicken to make broth. This broth will be more delicate than the stock made from roasted chicken bones.