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Chicken Stock and Chicken Soup 101

Chicken Stock

Ingredients:

Makes 10 cups of stock

4 lbs chicken w/bone- (whole chicken-cut into pieces, backs, wings, feet, or legs) or 2 leftover chicken carcasses.

*chicken parts w/joints will provide the most collagen to your stock

1 onion, medium or large

2 stalks celery and leaves if you have them

1 large carrot

8 sprigs parsley-stems and/or leaves

2 sprigs thyme or 1 tsp dried

2 bay leaves

1 tablespoon salt

1 teaspoon pepper or 4 whole peppercorns

Equipment for class:

8-quart soup pot or similar sized pot

cutting board

chef's knife



Homemade Chicken Stock

Makes 10 cups

4 lbs chicken w/bone- (whole chicken-cut into pieces, backs, wings, feet, or legs) or 2 leftover chicken carcasses. *chicken parts w/joints will provide the most collagen to your stock

1 onion, quartered

2 stalks celery, cut into large pieces-if you have celery leaves, add them to the stock

1 large carrot, cut into large pieces

8 sprigs parsley-stems and/or leaves

2 sprigs thyme or 1 tsp dried

2 bay leaves

1 tablespoon salt

1 teaspoon pepper or 4 whole peppercorns

1. Place the chicken parts into a large stock pot. Add vegetables, herbs, and salt and pepper and cover with 12 cups cold water.
2. Bring the water to a boil and **immediately** reduce heat to maintain a simmer. Simmer, uncovered 1 ½-3 hours, occasionally skimming off the foam that comes to the surface. The longer you simmer, the more concentrated the flavor.
3. Strain the stock into a large pot or bowl. Use right away or let the stock cool to room temperature and either refrigerate (fat is easier to remove once chilled) or divide into 4 cup containers, label, and freeze. Once refrigerated, your collagen stock will be gelatinous, and it will be very easy to remove any fat from the top if you prefer. Your stock can be refrigerated for up to 3 days or frozen for one year.

* If using whole chicken, once cooked remove the meat and save to make salad or add to prepared soup.