



Start with a good recipe:

Chicken Stock

Makes 1 ¾ Gallons

10 pounds chicken bones, necks and backs, rinsed with cold water
2 gallons cold water
2 large yellow onions, peeled and cut into ½ inch pieces
3 stalks celery, cut into ½ inch pieces
1 leek, green and white part, cut in half lengthwise, chopped and washed in cold water (optional)
Sachet (4 bay leaves, 3 sprigs parsley, 8 sprigs thyme and 1 teaspoon black peppercorns)

Always start with cold water and slowly bring the chicken stock to a simmer over medium low heat. Don't let the stock boil, or the fat and impurities will become dispersed throughout the stock. As the stock cooks, keep it at a simmer and skim, skim, skim any fat or impurities that rise to the top. Allow to simmer for four hours.