

Merrifield Garden Center

Recipes

Homemade Chicken Stock

(Makes about 10 cups)

By Merrifield Chef Lilienne Conklin

Ingredients

- 1 whole chicken cut up with the neck and giblets*
- 1 package chicken wings*
- 2 onions studded with 2 cloves each, unpeeled and cut into four pieces*
- 4 unpeeled garlic cloves*
- 2 cups celery cut into large dice*
- 2 peeled carrots, halved*
- 1 leek, trimmed, washed and cut into large dice*

Water

- 2 bay leaves*
- Parsley sprigs (6 to 8 stems)*
- 8 black peppercorns*
- 3 stems of thyme*
- Drizzle of olive oil*

Directions

In a large stock pot or dutch oven, put a drizzle of olive oil and heat to medium. Cook the vegetables until they are nicely colored. Add the chicken, herbs and peppercorns and cover with water. Bring the mixture to only a simmer and skim the top frequently to remove the froth. Cook the stock for three hours. You don't want stock to boil, rather a lazy simmer.

Strain the stock through a fine sieve and discard the solids. Skim the fat from the stock and store in the fridge for up to one week or in the freezer for three months.

Note: We didn't add salt to this stock. Salt should be added to the stock when you're ready to use it in a recipe - never before.