

CHICKEN STOCK



INGREDIENTS

4 cloves garlic, crushed
1 large onion, peeled and diced
2 stalks celery, leaves included
1 large carrot
½ large capsicum
½ bunch fresh parsley, roughly chopped
2 tbs oil
2 chicken frames
salt & pepper to taste
water

PREPARATION TIME: 10 MINS

COOKING TIME: 3 HRS

SERVES: AT LEAST 1-2 LTRS

PREPARATION

You will need a large pot with a lid for this recipe.

METHOD

1. Roughly chop all carrot, celery and capsicum into large chunks (no need to peel carrot).
2. Sauté garlic, celery and onion in oil on medium heat in large pot, add other vegetables and parsley, chicken frames and salt and pepper.
3. Pour water into the pot until chicken is completely covered and water is about an inch from the top, pop on the lid and simmer for at least 3 hours. Be sure to check every now and again that it isn't boiling over!
4. Once cooked, strain liquid through a sieve to remove all solid ingredients, and the liquid left is your delicious and nutritious stock!

REHEATING, STORAGE & LEFTOVERS

Store liquid in small portions in airtight containers in the freezer. Try using icecubes or reuseable ziplock bags in pre-measured amounts for easy use.

VARIATIONS & TIPS

- * If using fresh bones/frames, the liquid can solidify to a jelly-like consistency when cooled. This is just a great indication you have got a lot of the goodness from the bones when cooking your stock.
- * Try using peppercorns and spices to your stock liquid for added flavour.
- * This stock can be used as a base for soups or to add to stews and sauces for extra flavour.
- * If you have dogs, add the vegetables from the strained stock liquid *with the cooked bones removed*, to your dogs biccies for dinner – they'll love you for it!

NOTE

Always look for organic ingredients to be sure you are avoiding additives or check the label carefully to ensure there are no nasties in your ingredients.