

# *How to Make a Really Good Chicken Stock*

*This free How To tip sheet was produced by the Cheapskates Club – [www.cheapskates.com.au](http://www.cheapskates.com.au)*

This is how I make my chicken stock; it's the way I was taught to make it by my mother. This stock is the basis for chicken and vegetable soup and chicken noodle soup. It makes lovely chicken and mushroom risotto and is perfect for a creamy risotto. I cook macaroni in chicken stock and then use the stock to make a sauce for a hearty mac'n'cheese casserole. Chicken stock is so versatile; everyone should know how to make it.

I always use cooked chicken bones so I save the carcasses from roast chickens in the freezer. I also save carrot peelings, onion skins and celery tops too. When I have six or eight chicken frames (depending on the size) and two or three large square rounds (the big, oblong Tupperware containers, they hold around 2 litres each) I make stock.

## **To make really good chicken stock:**

This is a "by feel" recipe, rather than one with a definite ingredient list. The quantities suggested are for a 10 litre stock pot. If your pot is smaller you can cut down the seasonings, if it is larger increase them a little.

1. Put your chicken bones and veggie peelings in a large stock pot and add enough cold water to just cover.
2. Add two or three large whole onions, two large carrots chopped into pieces, three or four ribs of celery, 3 bay leaves and 10 - 12 peppercorns and a teaspoon of sea salt.
3. Put the lid on the stockpot and bring it to the boil.
4. Skim off any foam on the top of the pot and turn the heat down until the broth is on a slow boil.
5. Let the broth simmer for at least 8 hours. The longer it simmers the better the end stock will be.
6. Continue skimming any foam that appears on the top so you end up with a clear broth.
7. After 8 hours, turn the heat off and allow the stock to cool a little. The stock should be thick and slightly gelatinous. When it's cold it should be very thick and almost solid, the consistency of a half set jelly. It needs to be cool enough to strain and bottle.
8. Strain through a cheesecloth to remove the bones and vegetables. I like to use cheesecloth as it catches all the tiny pieces of bone and veggie that I don't want in my stock.
9. I pour some into 3 litre containers and freeze for soup and some into smaller freezer containers for risottos, gravies and other recipes. You can of course use any food safe freezer container.
10. Freeze immediately if you are not going to use it straight away. The stock will keep in the fridge for 3 - 4 days. If you are not going to use it immediately it is best frozen. You can take it from the freezer and let it thaw a little while in the fridge to loosen it in its container. Then just tip it into a saucepan and let it thaw on the stove over a low heat.