

HOW TO MAKE GOOD HOMEMADE CHICKEN STOCK

By Karen Zehnder

A good chicken stock can be made with a fresh uncooked chicken or parts especially wings, backs and legs. You can also use the carcass and bones from a roasted chicken or turkey.

Put the chicken parts in a large stock pot plus 2 carrots, an onion that is peeled and quartered, a few peeled and smashed garlic cloves, coarsely chopped celery ribs (2) and a bay leaf. Optional items are peppercorns and Parmesan cheese rinds. Cover with water and simmer at least 3 hours. The longer it cooks, the more flavorful it will be.

If it becomes frothy at the top, skim it off to keep the stock clear.

To degrease the soup, chill and scrape off the hardened grease from the top.