

HOMEMADE CHICKEN STOCK



Makes: 12 cups (3L)

Prep: 15 mins (+ cooling & overnight chilling time)

Cooking: 3 hours

Ingredients:

1.8kg *whole chicken*

3 *medium carrots*, chopped

2 *brown onions*, unpeeled, coarsely chopped

3 *celery sticks*, untrimmed, coarsely chopped

4 *thyme sprigs*

1/2 *bunch flat-leaf parsley*, stems and leaves coarsely chopped

5 *black peppercorns*

2 *dried bay leaves*

Method:

Preheat oven to 180 degrees Celcius. Place chicken in a roasting pan and spray with olive oil spray. Roast for 1 1/2 hours or until juices run clear when thickest part of the thigh is pierced with a skewer. Cover with foil and set aside to cool. Remove chicken, skin and meat. Discard skin and reserve meat for the soup. Reserve the chicken bones.

Place the reserved chicken bones in a stockpot or large deep saucepan with carrot, onion, celery, thyme, parsley, peppercorns and bay leaves. Pour over enough water to cover.

Bring to the boil over high heat. Reduce heat to low. Partially cover and cook for 1 1/2 hours or until the liquid is golden. Set aside to cool slightly.

Strain the stock through a fine sieve into a large heatproof bowl. Discard the solids. Set aside to cool. Cover and place in the fridge overnight to chill.

Use a metal spoon to carefully remove and discard any fat from the surface of the stock before using.

Keep homemade stock in airtight containers in the fridge for up to 4 days, or freeze in airtight containers for up to 3 months.