



# Chicken Stock

*makes 3-4 quarts*

*adapted from Nourishing Traditions*

*Note: This recipe calls for no salt. It's generally best to salt it once you know how it's going to be used. If you salt it and then reduce it for a demi-glâce or a sauce, you may find it way too salty.*

- 1 whole free-range chicken, or 2-3 pounds bony chicken parts, including necks, backs, wings and feet
- gizzards from 1 chicken, optional
- 4 quarts cold filtered water
- 2 tablespoons vinegar
- 1 large onion, skin on and coarsely chopped
- 3 celery ribs, coarsely chopped
- 1-2 leeks, white and light green part only, cleaned and coarsely chopped
- 2 carrots, coarsely chopped
- 1 bunch parsley

If you are using a whole chicken, cut off the wings and remove any gizzards and/or the neck from the cavity (these can all be used for the stock). Free-range chickens will produce much better results than a factory-farmed bird.

Cut chicken parts into several smaller pieces. Put chicken or pieces into a large stainless steel pot with the water, vinegar and vegetables (except the parsley). Let stand for 30 minutes-1 hour.

Bring to a boil, and remove all scum that rises to the top. Then reduce the heat to low, cover and simmer for 6-24 hours. The longer you cook the stock, the richer and more

flavorful it will be.

About 10 minutes before finishing the stock, stir in the parsley. This imparts additional mineral ions to the stock. Turn the heat off, and allow to cool before removing chicken pieces with a slotted spoon. (Feed it to the cat!)

Strain the stock through a fine mesh into a large bowl, pot or jar and refrigerate, covered, until any fat rises to the top and congeals. (I usually leave it overnight.) Skim off this fat and reserve the stock in covered containers in your fridge or freezer. It will keep in your fridge for 3-4 days; if you want to keep it there longer, you need to boil it again. Otherwise, you can clarify the stock and it will keep refrigerated for quite a bit longer.