

Basic Chicken Stock

- 1 Whole Chicken or 4 lbs. chicken pieces with bones or 2-3 roast chicken carcasses (best)
- 6 Stalks celery with leaves*
- 1 Pound Carrots, peeled or scrubbed*
- 2 Large onion, peeled*
- 1 Handful fresh parsley, washed*
- 1 Handful fresh thyme, washed*
- 2 Teaspoons black peppercorns
- 4 Bay leaves
- 2 Tablespoons unfiltered apple cider vinegar, optional (for bone broth)

*or equivalent in "scraps"

For a richer stock, roast chicken at 375 degF in roasting pan, 30-40 minutes for pieces or 1 hour for whole bird. Remove meat if desired and set aside for future use.

Place chicken carcass, and bones (if pre-roasted) or chicken pieces in large 8-10 quart stock pot. Chop celery, carrots and onions into 2 inch pieces and add to pot. Add remaining ingredients. Cover with water 1-2 inches above solids.

Bring to boil over high heat. Reduce heat and simmer, partially covered, 3-4 hours or up to 24 hours for bone broth (add water as necessary).

Strain stock through colander, pressing on solids to release as much liquid as possible. For clearer stock, strain through cheesecloth or re-usable coffee filter. Cover loosely and refrigerate overnight. Use spoon to remove any congealed fat from surface. Store in airtight containers up to 5 days in the refrigerator or up to 3 months in the freezer.

NOTE: For bone broth, double the amounts of bones and limit the amount of meat used.

Basic Vegetable Broth

- 1 Pound Carrots, peeled or scrubbed*
- 1 Large onion, peeled*
- 6 Stalks celery*
- 2 Large leeks, trimmed and washed
- 4 Small to medium potatoes, scrubbed and unpeeled
- 1 Handful fresh parsley, washed*
- 1 Handful fresh thyme, washed*
- 4 Bay leaves
- 2 Teaspoons black peppercorns
- 4 Peeled, whole garlic cloves, optional
- Mushroom stems, broccoli stalks, other vegetable remnants/scraps, optional

*or equivalent amount in "scraps"

Cut carrots, onions, celery and leeks into 1-2 inch pieces. Place in large (8-10 quart) stock pot. Add remaining ingredients. Cover with water about 2 inches above solids.

Bring to a boil. Reduce heat and simmer, partially covered, 2-3 hours.

Strain broth through colander and/or fine sieve. Cover and refrigerate up to 5 days, or freeze up to 3 months.

