

Basic chicken stock

Season: Summer, Autumn, Winter, Spring

Type: Basics & Breads

Difficulty: Easy

Serves: Makes 4 litres

Ingredient: Chicken

This is one of the kitchen basics all Kitchen Garden students learn how to make. Cook as much of it as you can at one time, and when you have the chicken carcasses, and freeze for later use.

Equipment

chopping board

small and large knives

poultry scissors

colander

stockpot or very large saucepan

peeler

kitchen string

ladle

large bowl

plastic containers for storage

Ingredients

6 chicken necks

8 chicken wings

2 onions

2 carrots

1 stick celery

1 lemon

4 stalks parsley

3 sprigs thyme

1 bay leaf

What to do:

Set out the chopping board, knives and scissors. Using the scissors (or knife) cut the chicken carcasses into several large pieces and place in the colander. Rinse the carcasses and drop into the stockpot. Rinse the necks and wings and drop into the stockpot.

Peel and slice the onions. Slice the carrots and celery. Add all sliced vegetables to the stockpot.

Use the small knife to slice off a piece of lemon zest. Tie a piece of kitchen string around the lemon zest, parsley stalks, thyme and bay leaf to make a little bundle, and drop into the stockpot.

Add enough water to cover the bones by about 15 cm and bring slowly to simmering point. When the stock just starts to bubble, skim off any froth from the top using the ladle. Reduce the heat so that the liquid is bubbling very gently and leave for about 3 hours.

Place the colander in a large bowl and rest the bowl in the sink. Pour the contents of the pot into the colander. Discard the chicken, vegetables and herbs. Any stock not used can be placed in small plastic containers and frozen.

This recipe is from Stephanie Alexander's Kitchen Garden Cooking with Kids (Penguin Lantern 2006).