

Chicken or Turkey Stock from Leftover Scraps

A couple days ago, I was looking at a chicken carcass. I hate to waste good food. For years, I've made my own chicken and vegetable stock, and never make it the same way. Sometimes I buy chicken legs or a whole chicken, but most of the time I just use the chicken or turkey carcass, leftover vegetable scraps from the freezer or veggies that have seen better days. Whenever I use leeks, I freeze the part that I don't use which are the dark green leaves. I wash the leaves and put them in a bag. Mushrooms stems give the stock a great Umami flavor. Ginger and garlic add more flavor. I add a couple of carrots, a couple of celery stalks with the leaves, and a whole onion cut into half (leaving the skin on). Some cooks blacken the cut side of the onions in a frying pan to add color, but I don't. I put all these ingredients in a large cast iron pot and cover them with cold water. When the water boils, I add 1 teaspoon of salt, some pepper, and garlic salt. I always add a couple of bay leaves. So, you see I really don't have a specific recipe. Here are some general guide lines.

A chicken/turkey carcass or
chicken or turkey parts (legs, necks or wings)
1-2 carrots
2 -3 celery stalks with leaves
1 onion (with peel)
1 leek (or clean dark leek leaves)
A handful of parsley (with stems)
A couple of dried mushrooms (or frozen mushroom stems)
several garlic cloves
A few bay leaves
A few pieces of ginger
1 tsp salt
1 tsp garlic salt
1-2 tsp pepper

Put everything in a cast iron pot and cover with water. Bring it all to a boil, spooning off the scum that rises to the top. When the stock boils, turn down the heat and simmer it covered for 3-4 hours, occasionally spooning off the scum. At the end, pour the stock through a fine sieve into a large bowl, discarding the solids. If there is some fat floating around, put the bowl in the fridge and remove the fat layer when the stock is cold. I usually freeze my stock or use it within a couple of days.

Guten Appetit !

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