

# Stock

## White Chicken Stock

### INGREDIENTS

- 4 pounds uncooked Chicken Legs, Wings, or Backs.....○
- 2 stalks Celery, coarsely chopped.....○
- 1 Carrot, peeled and coarsely chopped.....○
- 1 large White Onion, peeled and quartered.....○
- 2 Leeks, white parts only, trimmed and chopped.....○
- 3 to 4 sprigs fresh flat leaf Parsley.....○
- 3 to 4 sprigs fresh Thyme.....○

### PREPARATION

- Rinse Chicken parts well. Remove the fat and skin if any, and place into a pot with just enough hot water to cover. Bring to a boil over medium high heat and let boil for about 2 minutes.
- Drain the Chicken and discard the water. Return the Chicken to the pot, cover with fresh water and bring to a simmer over medium high heat. Reduce the heat to medium and gently simmer the stock for about 2 ½ hours or until stock tastes like chicken. Skim periodically any fat or scum that accumulates on the surface.
- Add the Onion, Carrot, Celery, and Leeks. Simmer for 30 minutes, then add the Parsley and Thyme and simmer for an additional 10 minutes. Take the pot off the heat and strain the stock. Cool, and refrigerate for up to 5 days or freeze for up to 6 months.

**Makes about 5 cups.**