

Chicken Stock

1 whole free range chicken or 2 – 3 pounds of bony chicken parts, such as necks, backs, breastbones and wings.

Gizzards from one chicken (optional)

Feet from chicken (optional)

4 quarts cold filtered water

2 TBS vinegar

1 large onion coarsely chopped

2 carrots peeled and coarsely chopped

3 celery sticks coarsely chopped

1 bunch parsley

If you are using a whole chicken, cut off the wings and remove neck, fat glands and the gizzards from the cavity. By all means use chicken feet if you can find them, they are full of gelatin. (Jewish folklore considers the addition of chicken feet the secret to successful broth.) Even better, use a whole chicken, with the head on. These may be found in Oriental markets. Farm-raised, free-ranged chicken give the best results. Many battery-raised chickens will not produce stock the gels.

Cut chicken parts into several pieces. (If you are using whole chicken, remove the neck and wings and cut them into several pieces.) Place chicken or chicken pieces in a large stainless steel pot with water, vinegar, and all vegetables except parsley. Let stand 30 min. to 1 hour. Bring to a boil, and remove scum that rises to the top. Reduce heat, cover and simmer to 6 to 24 hours. The longer you cook the stock, the richer and more flavorful it will be. About 10 min. before finishing the stock add the parsley. This will impart additional mineral ions to the broth.

Remove whole chicken or pieces with a slotted spoon. If you are using a whole chicken, let cool and remove chicken meat from the carcass. Reserve meat for other uses such as chicken salad, etc. Strain the stock into a large bowl and reserve in your refrigerator until fat rises to the top and congeals. Skim off this fat and reserve the stock in covered containers in your refrigerator or freezer.