

# Dark Chicken Stock

*Swick*

Serves 6 | Active Time: 30 minutes | Total Time: 6 hours 30 minutes

## Chef's Notes

Chicken stock is a great flavor base to use instead of water in many recipes. But the real magic comes in reducing it down. When chicken stock is reduced it creates a beautiful, rich and healthy sauce.

Chicken stock is easy, inexpensive and healthy. A batch can be frozen into smaller, pre-measured portions for easy use later.

## Preparing the Stock

Preheat oven to 450°F. Wash and roughly chop all of the vegetables. Cut the whole garlic in half horizontally. Place everything onto a baking sheet and drizzle with oil and toss.

Roast the vegetables for 30 to 45 minutes. Place chicken bones onto baking sheet and roast for about 1 hour or until bones are golden brown.

## Step 1: Preparing the Stock

- 3 large carrots
- 2 large onions
- 3 celery ribs
- 1 whole leek
- 2 garlic heads
- 3 tbsp olive oil
- 6 lb chicken bones, necks and backs (rinsed with cold water)

## Making the Stock

Place roasted bones into pot along with roasted vegetables. Then pour in the cold water. Also add the thyme, parsley, peppercorns and bay leaves. Bring stock just to the boiling point, then turn heat to low. Simmer stock for about 6 hours. Check occasionally and skim any impurities, froth or fat from the surface.

Cool the stock by placing it into a sink full of ice water to bring the temperature down quickly. Stir a few times to distribute the heat. Once cooled refrigerate.

The stock can also be further reduced to create a thicker and richer stock, with a sauce like consistency.

## Step 2: Making the Stock

- 1 1/2 gallons Cold Water
- 4 whole bay leafs
- 1/2 bunch fresh thyme - can substitute with 1 tsp. dry thyme
- 1/2 bunch parsley
- 2 tsp peppercorns