

Homemade Chicken Stock

- Carcass and bones of one chicken
- 2-3 carrots
- 2-3 celery stalks
- 1 onion, sliced
- 1-2 cups fresh parsley
- 5-6 sprigs of fresh thyme
- 2-3 Tablespoons black peppercorns
- 2-3 Tablespoons tomato paste
- Olive oil
- Salt, to taste

For a light stock, put all of the above (except the tomato paste and olive oil) in a large stockpot, cover with water and simmer, uncovered, 4-5 hours.

For the dark stock, toss vegetables and the bones with tomato paste, and put in a roasting pan. Drizzle lightly with olive oil, and roast at 400°F for about 45 minutes. Put it all in a large stockpot along with fresh parsley, thyme sprigs, 2-3 Tablespoons of peppercorns, a bit of salt, and cover with water. Simmer, uncovered, 4-5 hours.

For both stocks, strain the stock and put it in freezer cartons for the freezer.

NOTES:

- 1) A wonderful addition for the dark stock is to deglaze the roasting pan with a cup of white wine and add it to the pot.
- 2) If you are using the carcass from a roast chicken, use the vegetables that were roasted with it along with the fresh ones.
- 3) Keep a stock bag in the freezer. My stock bag is a gallon-size plastic bag that I keep in the freezer and put the tops and skins of onions, carrot skins, celery leaves, shallot trimmings, etc ... as I cook.