

IN THE KITCHEN ^{with} TAKE A BITE OF BC!

BCAITC's Chef Randle

DEBONE AND
CUT A WHOLE
CHICKEN

BC CHICKEN STOCK

YIELD: 1L

- 1kg (2.2lbs) BC chicken bones
- 1.5L (6.5 cup) Cold water*

Mirepoix

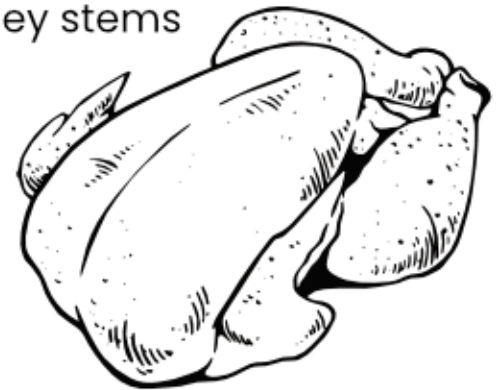
- 75 g (1/2 cup) BC onion, large dice
- 40 g (1/4 cup) BC carrot, large dice
- 40 g (1/4 cup) BC celery, large dice

Method

1. Cut bones into pieces 6 – 8 centimetres long.
2. Place bones into a stock pot along with the mirepoix and sachet.
3. Bring water to a boil and reduce to simmer.
4. As the residue (impurities) float to the top, skim off and discard.
5. Simmer the stock for 3 – 4 hours.
6. Strain, cool, and refrigerate the stock for up to 3 days. If you are not using the stock within 3 days, freeze for up to 6 months.

Sachet

- 1 bay leaf
- 1mL dried thyme
- 1mL peppercorn, crushed
- 1 clove BC garlic
- 4 parsley stems



**Cold water will promote clarity of stock by dissolving some water-soluble impurities.*