

BC CHICKEN STOCK



INGREDIENTS

BC Fryer Chicken, fresh	1
BC Onion, large dice	700 g
BC Carrot, large dice	350 g
BC Celery, large dice	350 g
BC Garlic, smashed	6 cloves
Black Peppercorns, crushed	20 g
BC Parsley stems	12
Bay Leaf	2
Water, cold	6 L

DIRECTIONS

1. Rinse fryer chicken under cold water. Place in a stockpot.
2. Add onions, celery, carrot, garlic, peppercorns, parsley and bay leaf. Cover with water.
3. On high heat, bring to a boil and immediately reduce to a simmer.
4. Simmer for 3 hours. Use a ladle to remove any “scum” that rises to the surface.
5. Remove the chicken from the stock. Reserve all of the meat.
6. Strain the stock and discard any solids.
7. Use immediately or cool in an ice bath.