

Chicken stock

Ingredients

½ Chicken

3 sticks of celery, chopped into large chunks

1 large onion, quartered

1 large carrot, cut into large chunks

3 large sprigs of parsley

2 bay leaves

A few sprigs of thyme

1 tsp salt

8 black peppercorns, lightly crushed



Method

Put chicken, celery onion, herbs and salt into a large pot with 4 litres of cold water and bring to the boil over high heat. Using a slotted spoon to skim off any foam as it rises to the surface.

Reduce the heat to low add the peppercorns to the pan, partially cover the pan and leave to simmer for at least 1 hour , until meat is falling from the bones of the chicken.

Strain the stock into a large bowl, Remove the chicken and discard the flavourings. The stock is now ready to use.

Remove the chicken meat from the bones, discarding skin; this poached meat can be used in many ways. It can be chopped and put back into soup or used for sandwiches, salads moneys, etc.

NB; if you put your stock in the fridge to cool completely you can easily skim any excess fat from the surface.