

CHICKEN STOCK

from *Nourishing Traditions* by Sally Fallon

1 whole free-range chicken or 2-3 pounds of bony chicken parts,
such as necks, backs, breastbones and wings

Gizzards from one chicken (optional)

4 quarts cold filtered water

2 tablespoons vinegar

1 large onion, coarsely chopped

2 carrots, coarsely chopped

3 celery sticks, coarsely chopped

1 bunch parsley

If you are using a whole chicken, cut off the wings and remove the neck, fat glands and the gizzards from the cavity. By all means, use chicken feet if you can find them – they are full of gelatin. (Jewish folklore considers the addition of chicken feet the secret to successful broth.) Farm-raised, free-range chicken give the best results. Many battery-raised chickens will not produce stock that gels.

Cut chicken parts into several pieces. (If you are using a whole chicken, remove the neck and wings and cut them into several pieces.) Place chicken or chicken pieces in a large stainless steel pot with water, vinegar and all the vegetables except parsley. Let stand 30 minutes to 1 hour. Bring to a boil, and remove scum that rises to the top. Reduce heat, cover and simmer 6 to 24 hours. The longer you cook the stock, the richer and more flavorful it will be. About 10 minutes before finishing the stock add parsley. This will impart additional mineral ions to the broth.

Remove whole chicken or pieces with a slotted spoon. If you are using a whole chicken, let cool and remove chicken meat from the carcass. Reserve meat for other dishes such as chicken salads or

enchiladas. Strain into a large bowl and reserve in your refrigerator until the fat rises to the top and congeals. Skim off this fat and preserve the stock in covered containers in your refrigerator or freezer.