

THE UN-COOKBOOK

OF

OUR FINAL

FREEZER

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CHICKEN STOCK

WHY YOU SHOULD MAKE YOUR OWN
CHICKEN STOCK:

- GREAT WAY TO USE LEFTOVER CHICKEN PARTS
- TASTES BETTER THAN STORE-BOUGHT STOCK
- FREEZE A LARGE BATCH OF STOCK AND USE AS FLAVORING THROUGHOUT THE YEAR (THINK RICE, ETC.)

REMINDER

BROTH = MADE FROM MEAT

STOCK = MADE FROM BONES

EQUIPMENT YOU'LL NEED

- ___ 8 QUART STOCKPOT
- ___ TONGS
- ___ HEAVY DUTY FOIL
- ___ LARGE, MEDIUM, AND SMALL KNIFE
- ___ PEELER
- ___ MEDIUM-SIZED BOWL (FOR STRAINING)
- ___ FINE WIRE MESH STRAINER
- ___ CHEESECLOTH
- ___ 8-CUP MEASURING CUP
- ___ SMALL ALUMINUM PANS

YIELD

YIELDS 20 CUPS OF CHICKEN STOCK

- **CONCENTRATED CHICKEN STOCK = 3/4 TEASPOON SALT PER 1 CUP OF STOCK**
- **REGULAR CHICKEN STOCK = 3/8 TEASPOON OF SALT PER 1 CUP OF STOCK**

INGREDIENTS YOU'LL NEED

- ___ 2 BUNCHES OF LEEKS
- ___ 1 POUND OF CARROTS
- ___ 2 HEADS OF GARLIC
- ___ SAGE AND THYME
- ___ BLACK PEPPERCORNS
- ___ KOSHER SALT
- ___ FINE WIRE MESH STRAINER
- ___ CHEESECLOTH
- ___ 8-CUP MEASURING CUP
- ___ SMALL ALUMINUM PANS
- ___ LEFTOVER CHICKEN PARTS (FROM AT LEAST 3 CHICKENS, INCLUDING BACKBONE, NECK, AND WING DRUMETTE.)

WHAT YOU'LL NEED TO DO

PREPARE AND BAKE THE CHICKEN PARTS AT 350 DEGREES FOR 30 MINUTES. CHECK EVERY 5-10 MINUTES UNTIL THE CHICKEN IS GOLDEN BROWN.

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2 PREPARE THE VEGETABLES AND HERBS.

3 ADD VEGGIES, HERBS, CHICKEN, AND WATER TO THE STOCKPOT. (PREPARE ACCORDING TO HOW CONCENTRATED YOU WANT YOUR STOCK.)



4 BRING TO A BOIL.
5 REDUCE HEAT TO SIMMERING.

6 SIMMER UNCOVERED FOR 2

7 CHECK AND STIR. STOCK SHOULD BE SLIGHTLY BUBBLING.



8 CHECK AND STIR AT 7 HOURS.



WHAT YOU'LL NEED TO DO

9 CHECK AND STIR AT 12 HOURS.



10 PREPARE THE CHEESECLOTH AND WIRE MESH STRAINER. LET THE STOCK COOL UNTIL VERY WARM AT THE MOST.



11 STRAIN THE STOCK THROUGH THE STRAINER AND INTO A MEDIUM-SIZED BOWL.



12 LET THE STOCK COOL UNTIL ROOM TEMPERATURE. POUR INTO 2-CUP FREEZING CONTAINERS, LEAVING A GAP AT THE TOP. DO NOT FILL TO THE BRIM! THE STOCK WILL EXPAND AS IT FREEZES!



13 LABEL AND FREEZE.