

Chicken (or other meat) Stock

- chicken carcass; or other meat of your choice (try to strip as much of the meat off the bones as you can, a little bit will add some flavor, but don't be wasteful about it)
- water
- a splash of white vinegar (this helps to pull the calcium from the bones, giving you a heartier stock)

...these are your three main ingredients... I've made stock before with just chicken and water, which is fine since my chicken stock gets used in cooking and I can always add other flavors later. The rest of these ingredients add flavor, but are totally optional.

- sea salt
- carrots, onion, celery (whole or chopped, it doesn't really matter since it's going to cook for a few hours)
- herbs of your choice (my favorites for chicken stock are thyme and sage)



Now put everything in a slow cooker or a large stock pot



and cover with water.

If you're doing it in a slow cooker, just turn it on low and let it cook overnight. If you're doing it in a stock pot, simmer it over low heat for 3-5 hours (or until it looks and tastes strong enough for your taste).



Strain through a fine mesh colander into a large bowl or a clean stock pot.
From the kitchen of Kassy of tinsnips-and-scissors@blogspot.com