

Stock

By: Tracy Goodbrand

Ingredients:

- Bones
 - ♦ Chicken: I use 3 whole carcasses, usually chicken and sometimes I add in a duck.
 - ♦ Beef: I use beef soup bones that I roast in the oven for at least an hour plus bones from any roast or steak.
 - ♦ Fish: I use any shells or tails that I have been collecting in the freezer.
- Frozen vegetables (I use broccoli stems, asparagus stalks, celery stalks, green part of leeks, etc)
- 1 or 2 onions, cut in 1/2 or 1/4s
- 1 or 2 carrots, peeled
- 1 or 2 fresh celery stalks
- Dozen or so whole pepper corns
- 2 bay leaves

Method:

Put all ingredients into a stock pot, or any large pot with a lid (I use a pasta pot with its strainer).

Fill the pot with water so it just covers all the ingredients.

Heat on medium heat for 1/2 hour.

Turn down the heat to low. Cover the pot, but allow a bit of steam to escape.

Leave pot on low all night.

The next morning, turn off heat.

Strain liquid, discarding all the solid ingredients.

Put the liquid into the fridge for a number of hours, until chilled. Remove fat that has congealed and risen to the top. (Optional)

Bring liquid to a boil and reduce by 1/3 to 1/2.

Strain the liquid through a cheese cloth (I use a clean nylon).

Pour the reduced liquid into containers. (I use various sizes of Ziploc plastic containers, allowing me to choose the amount I need later).

Freeze stock until you need it.