

## Chicken Stock

### Ingredients

bones from a cooked chicken carcass including skin

1 carrot, peeled and roughly chopped

1 onion, peeled and quartered

1 stalk celery, roughly chopped

6 black peppercorns

1 dried bay leaf

3 fresh parsley stalks

1 sprig fresh thyme

### Equipment

All equipment is provided by school

### Method

1. Put all the ingredients into a large pan and cover with water. Bring to the boil and skim off any scum that has formed.
2. Cover and simmer very gently for 2-3 hours.
3. Strain into a large bowl and allow to cool. Chill overnight.
4. Skim off any fat that has formed on the surface. Use within 3 days or freeze.