

## Basic Chicken Stock

From Baroness Genievue de Charbonneau

1 to 2 large Chicken (cut-up) and parts	1 tbls. oil
1 to 2 onions (chopped)	Pepper
1 to 2 celery stalks (minced)	Salt
1 carrot (slivered)	

In the bottom of a large soup pot heat the oil and brown the onions. When the oil gets hot enough to start to sizzle the onions, toss in the Chicken parts and sear them on all sides. After all the Chicken is seared; add about 2 quarts of water, celery and carrots. Add salt and pepper to taste.

Bring this mixture to a slow boil (about 2 hours); skimming off any excess fat. (Fat may be saved to cook with but needs to be refrigerated.) Continue to cook until the meat starts to fall apart.

In another pot place a strainer. Pour the soup through the strainer to separate Chicken parts from parts. Return stock to heat and reduce further.

Allow Chicken meat to cool and separate out the bones. Chicken can be returned to stock, and/or used for Chicken salad, etc.

Let broth cool and store in the refrigerator. After sufficiently cooled. Any additional fat may be removed as a solid from the top of the stock.

**Sideboard:** Different types of meat broths can be combined together and still work well as a stock. Stock can also be stored frozen for use at a later date. Left over Chicken and/or turkey carcasses are good sources of stock beginnings. Stock can be used for many things besides soup. It is a good alternative to using oil or fat to cook vegetables in.