

Reckless In The Kitchen

Brown Chicken Stock

Adapted from Bon Appetit Magazine

Ingredients:

- 5 lb chicken bones
- cooking spray
- 1 large onion, diced
- 2 carrots (or 16 baby carrots), peeled, rinsed, and diced
- 2 celery stocks, diced
- 2 Tbsp tomato paste
- handful of black peppercorns
- 10 parsley sprigs
- fresh thyme
- fresh sage
- 2-3 bay leaves

Directions:

Adjust the racks in the oven so one is on the bottom third of the oven, and the other is in the top third of the oven. Preheat the oven to 450 degrees. Arrange the bones in a single layer in a large roasting pan.

Coat a baking pan with cooking spray and place the diced vegetables in it. Set aside. Roast the bones for 15 minutes on the bottom rack of the oven. After 15 minutes place the vegetables on the top rack of the oven and roast for 20 minutes (let the bones continue roasting in the oven). Remove the vegetables from the oven and coat them in the tomato paste. Return to the oven and roast for an additional 10-15 minutes. The bones and vegetables should be a nice deep brown color (and smell amazing).

Place the bones and the roasted vegetables into a large pot. While the roasting pan that the bones were in is still hot pour a cup of water in and scrape the brown bits up from the bottom of the pan. Pour the mixture into the pot with the bones and vegetables.

Add 16 cups of water, and all remaining ingredients to the pot and bring to a boil over high heat. Reduce the heat and allow the mixture to simmer for 3 hours.

Next, remove the stock from heat and using a slotted spoon remove the solids. Once the big pieces are out of the way, strain the stock through a fine mesh sieve. Return the stock to medium-low heat and simmer for an additional 1 1/2 hours.

Remove the stock from the heat and allow to cool. Once cool, spoon off the excess fat. The stock will keep in the freezer for up to 3 months or in the refrigerator for 3 days, I like to store it in quart-sized zip lock bags.