






# STOCK

Recipe by Lyndon Gee

-  makes 1½
-  prep 5 mins
-  cook 90 min

## Ingredients

You can use any vegetables or peelings you have to hand, stems from herbs, a mushroom that's gone soft, almost anything! Here is a basic recipe to get you started.

1 chicken carcass and leg/wing bones (left from roasting)

1 large onion, trimmed top and bottom, unpeeled and quartered.

1 carrot, topped and tailed then quartered lengthways

1 unpeeled potato, quartered

Outer leaves from a leek

Stalk from a head of broccoli, halved lengthways

1 stick celery

3 litres water

**1** Put everything into a large pot, bring to the boil then reduce the heat as low as possible, cover and simmer gently for at least 1½ hours.

**2** Stir and break the carcass up with a large spoon, leave the lid off and simmer for another 30 minutes.

**3** Strain, allow to cool then put in the fridge overnight. You should have approximately 1½ litres.

**4** Next day skim off the fat and the stock is ready to use, or you can divide into portions and freeze.



## Stock

A key ingredient in any professional kitchen, stock adds depth of flavour to soups and sauces. Every good restaurant has a stockpot on the go at all times. You can buy ready made stock but best of all is homemade and it's really simple to make. It is easier to make a big batch and freeze it than to keep making small amounts. So when roasting a chicken save the carcass and freeze it. Then when you have time, you can make stock. If you have more than one carcass just use as many as you have, and add a few extra vegetables and more liquid.

## Chef's tip from Lyndon

Once you've strained your stock you can boil it up more to reduce the volume so you end up with half a litre of really concentrated stock. This takes up less room in the freezer and you can then just add more water as you use it.

## Use up

Add any leftover vegetables to the stockpot - broccoli, cauliflower, cabbage or asparagus stalks, the outer leaves of leeks, onion peel, carrot peelings. Keep a bag in the freezer and add leftover vegetables to use in a stock in the future.

## Variations

Beef bones also make wonderful stock; you could buy them or even get them free from your butcher. For fish stock use the head and bones, but oily fish such as salmon are not suitable for making stock. Fish stock only needs 45 minutes and is fabulous for risotto or sauces. A real fishmonger will probably give you extra fish bones if you ask.

## Extra flavour

If you're making stock for a specific dish such as Chinese food, you could add garlic, Chinese five-spice and a little ginger. Otherwise it's better with just bones and vegetables, then add the flavours later.

## \* Freezer advice

For best results, cool down quickly (ideally within an hour), divide into portions, place in an airtight container, label and then pop in the freezer. Defrost in the fridge, ideally overnight, and use within 24 hours after defrosting. Reheat in microwave or in a saucepan on the hob, heating until boiling hot.

## ✓ Vegetarian and vegan options

Use lots of vegetables and peelings and add some mushrooms and a little yeast extract.

## 🌾 Allergy advice

Can be made avoiding all allergens and without gluten or yeast.

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