



## Brown Chicken Stock

A good chicken stock is the base for great soups, risotto, casseroles and many other dishes. Even seafood and red meat dishes often use chicken stock for its subtle flavour that adds depth without competing with the star ingredients. Roasting the chicken bones before boiling them, to make what is called a brown chicken stock, adds further flavour and depth. Chicken stock freezes really well too, so you can always have some on hand. Once you see how simple it is, you'll never buy chicken stock again.

**Makes about 1.5 litres**

### INGREDIENTS

- 1kg chicken wings
- 1.8 litres water
- ½ brown onion, peeled and roughly chopped
- ½ carrot, roughly chopped
- ½ stalk celery, roughly chopped
- 3 black peppercorns

*Recipes for stock usually direct you to discard the solids once the stock is made, but that can be unnecessarily wasteful. I've discovered that the picked meat from the chicken wings tossed with some mayo is a great sandwich filling. I also sometimes stir it into a hearty minestrone just before serving to warm it through.*



### METHOD

1. Preheat oven to 200°C.
2. Arrange chicken wings in a single layer on a baking tray and place in the oven for 25 minutes or so, until lightly coloured.
3. Transfer to a large saucepan with the remaining ingredients, adding any oil from the chicken and any bits that have stuck to the baking tray.
4. Bring to the boil, reduce heat and skim to remove any froth that has floated to the top.
5. Cover almost completely with a lid and simmer for 1 hour, skimming occasionally if necessary.
6. Set aside for 30 minutes then pour through a fine sieve lined with muslin or a clean damp cloth, discarding solids (or reserving chicken meat for another use).
7. When cool, remove the layer of fat from the top and refrigerate or freeze until needed.