

Soup Stock - Chicken Stock

Fresh Ways with Soups & Stews
Time-Life Books

Yield: 2 quarts

4 to 5 pounds uncooked chicken trimmings and bones (preferably wings, necks and backs), with the bones cracked with a heavy knife
2 carrots, cut into 1/2-inch-thick rounds
2 stalks celery, cut into one-inch pieces
2 large (1 pound) onions, cut in half with one half stuck with two cloves
2 sprigs fresh thyme OR 1/2 teaspoon dried thyme leaves
1 or 2 bay leaves
10 to 15 parsley stems
5 black peppercorns

Preparation Time: 20 minutes

Put the chicken trimmings and bones into a heavy stockpot. Pour in enough water to cover them by about two inches. Bring the liquid to a boil over medium heat, skimming off the scum that rises to the surface. Reduce the heat and simmer the liquid for 10 minutes, skimming and adding a little cold water to help precipitate the scum.

Add the vegetables, herbs and peppercorns. Submerge them in the liquid. If necessary, pour in enough additional water to cover the contents of the pot. Simmer the stock for two to three hours, skimming as necessary to remove the scum.

Strain the stock, discard the solids and degrease the stock (see note).

Start to Finish Time: 3 hours

The chicken gizzard and heart may be added to the stock. Wings and necks - rich in natural gelatin - produce a particularly gelatinous stock, ideal for sauces and jellied dishes.

Turkey, duck or goose stock may be prepared using the same basic recipe.

The easiest and most effective degreasing method is to refrigerate the finished dish, then lift the congealed layer of fat from the surface. Because chilling takes time, it is ideal for soups, stews or stocks that are made ahead. To inhibit bacterial growth, a hot soup or stew should be quickly cooled to room temperature, then partially covered and refrigerated. The fat may then be removed before the dish is reheated. Stock, too, should be cooled rapidly: pour it into small containers and set them in a shallow bath of ice water. So that the stock will not sour, it should be covered and refrigerated only when it has cooled. Before transferring chilled stock to the freezer, scrape away all surface fat.

To degrease a hot dish just before serving it, use a soup ladle or large, shallow spoon to skim off as much fat as you can. Tip the pot, if need be, to pool the last bit of unwanted fat.

Soups, Chili and Stews

Per Serving (excluding unknown items): 159 Calories; 1g Fat (3.7% calories from fat); 5g Protein; 37g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 127mg Sodium. Exchanges: 0 Grain(Starch); 6 1/2 Vegetable; 0 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	159
% Calories from Fat:	3.7%
% Calories from Carbohydrates:	85.5%
% Calories from Protein:	10.8%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	37g
Dietary Fiber (g):	10g
Protein (g):	5g
Sodium (mg):	127mg
Potassium (mg):	1045mg
Calcium (mg):	117mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	33mg
Vitamin A (i.u.):	40620IU
Vitamin A (r.e.):	4060 1/2RE

Vitamin B6 (mg):	.5mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	85mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	6 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories	159	Calories from Fat: 6
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% Daily Values*

Total Fat	1g	1%
Saturated Fat	trace	1%
Cholesterol	0mg	0%
Sodium	127mg	5%
Total Carbohydrates	37g	12%
Dietary Fiber	10g	39%
Protein	5g	
Vitamin A		812%
Vitamin C		55%
Calcium		12%
Iron		9%

* Percent Daily Values are based on a 2000 calorie diet.