

Pressured cooked CHICKEN STOCK

Recipe by Chef Dale Sniffen

www.chefdale.com

Makes 2.5 L

Preparation time: 10 minutes
Pressure cooking time; 15 minutes @ full pressure
Release pressure; Water method

Prep list

2 kg chicken bones split in half
2 brown onion ¼
1 celery heart ¼ No green
2 carrots peeled and split into ¼
2 bay leave crushed
3 stems of thyme
6 pepper corns

3 L cold tap water

Chicken stock is about extracting as much flavor from the bones with out any artificial intervention. (Stock cubes)" Stocks to chef are like compost to gardeners". You can't *grow* flavors in sauces and soups with out it. Here is the simplest formula on making your own stock.

- Dry roast chicken bones @ 200c for 20 minutes
- In a 6 L pressure cooker Add roasted bones to the pot
- Add prepped vegetables on top of the browned or roasted bones
- Add in cold tap water
- Bring the stock to a rapid boil then reduce to **low heat**
- Remove white foam when it rises. Cooking term "**to clarify**"
- Lock up pressure cooker to full pressure
- Reduce heat to low and cook for 15 minutes
- Strain stock and simmer or reduce by 1/3