

Tante Marie's Cooking School

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LIGHT CHICKEN STOCK

4-6 lb. stewing hen or bony chicken parts;
such as wings, necks, and backs
cold water
2 stalks celery, chopped
1/2 lbs. carrots, chopped
2 leeks, chopped (optional)
1 onion, chopped
4 sprigs parsley
1 bayleaf
1 sprig of thyme
6 peppercorns

In a deep stock pot, place the hen or chicken parts with enough water to cover. Bring to a boil and skim off the grey scum. Add the remaining ingredients and simmer for 3 hours. Skim off the fat frequently. Strain and let cool uncovered. Once completely cooled, cover. To store in the frig more than five days, boil it up. MSR

DARK VEAL STOCK

5 lbs. veal or beef bones (cracked)
3-4 Tbs. vegetable oil
1 cup onions, diced
1 cup celery, diced
1 cup carrots, diced
4 qts. water
4 tomatoes, peeled, seeded, and chopped
1 cup mushrooms, chopped
4 sprigs parsley
1 bayleaf
thyme
6 peppercorns

Brown the bones in a 500 degree oven or over a very high heat on the stove. Brown the onions, celery, and carrots in a separate saute pan in the oil. Combine the bones and browned vegetables with the rest of the ingredients in a large stock pot and simmer uncovered for 3-6 hours. Strain and let cool uncovered. Once the stock is entirely cooled, cover. This can be stored for up to five days in the fridge. MSR