



# Lindenhof Farm Recipe

## BASIC CHICKEN STOCK (makes 10 to 12 cups)

4 to 5 pounds chicken parts, including backs and wings, rinsed and dried  
2 Tablespoons extra-virgin olive oil  
2 medium yellow onions, quartered  
2 crushed garlic cloves  
1 medium to large carrot, cut into chunks  
1/2 cup flat-leaf parsley  
2 bay leaves  
1 teaspoon dried thyme, crumbled  
1 (3-inch) cinnamon stick (optional)  
10 to 12 cups cold water  
Sea salt and freshly ground pepper

- If you wish to make a **richly colored golden-brown stock** make sure the chicken pieces are very dry. Put them in a stockpot with the olive oil and onions and set over medium heat. Brown slowly, turning frequently, until all the chicken and the onions are golden, 20 to 30 minutes.
- If, on the other hand, you want a **clear, light chicken stock**, omit this first step and simply put the chicken pieces in a stockpot.
  - Add the garlic, carrot, parsley, bay leaves, thyme, cinnamon, water, and salt and pepper.
  - Set over medium-low heat and slowly bring to a simmer. For the clearest stock, carefully skim the foam as it rises to the top.
  - When the foam has ceased rising, cover the pot and simmer very slowly for at least 1 1/2 hours, or longer if necessary – the chicken should be so thoroughly cooked that it is falling apart.
  - At the end of the cooking time, strain the stock through a double layer of cheesecloth or a fine-meshed sieve.
  - Discard the solids, which will have given up all their savor, in any case.
  - Taste the stock and add more salt and pepper if you wish, but keep in mind that if stock is to be reduced later on it will concentrate the salt.
  - Transfer the stock to the refrigerator to let the fat rise and solidify, after which it can be removed easily with a slotted spoon.
  - Once the fat has been removed the stock can be frozen for long keeping.
- Note: The cinnamon will add a delicious ‘Mediterranean’ flavor to this soup but can be omitted if the stock is to be further reduced to be an all- purpose chicken stock base (called a demi-glace).
- If you do want to make a demi-glace, cook the skimmed and de-fatted stock over a very low flame for a very long time, until the stock has reduced to one-quarter or

less of its original mass.

- To use, defrost and add water to bring the stock to the concentration you prefer to use. You can also use small blocks of demi-glace to add flavor to sautés and stir-fries as well as a classic French base for sauces.