



Chicken Stock

Ingredients

2 pounds chicken backs, all visible fat and excess, skin removed
1 tablespoon vegetable oil
1 small onion, halved
1 small carrot, coarsely chopped
1 small celery rib with leaves, coarsely chopped
¼ teaspoon dried thyme
¼ teaspoon black peppercorns
4 parsley sprigs
1 bay leaf
2 quarts water

Directions

Using a heavy cleaver, chop the chicken backs into 2-3 inch pieces.

In a 5-7 quart pressure cooker, heat the oil over a medium-high heat. In batches, add the chicken and cook, turning occasionally, until lightly browned, about 5 minutes.

Transfer to a plate and set aside.

Pour all but 1 tablespoon of the fat from the pot.

Add the onion, carrot and celery.

Cook, stirring occasionally, until the vegetables soften, about 2 minutes.

Return the chicken to the pot. Stir in the thyme, peppercorns, parsley and bay leaf.

Add the water.

Lock the lid in place; bring to high pressure over a high heat.

Adjust the heat to maintain the pressure.

Cook for 40 minutes.

Remove from heat and release the pressure naturally. This will take 20 minutes.

Strain the stock into a large bowl.

Cool completely. Cover and refrigerate overnight.

Using a large spoon, remove the chilled fat from the surface of the stock.

(The stock can be prepared up to 3 days ahead, stored in an airtight container and refrigerated, or frozen for up to 6 months.)