

Chicken Stock

Preparation : 10 minute
Cooking Time : 150 minutes
Serves : 10L

Chinese cooking is about unique flavors generated by many spices and this stock provides some of those flavors which will add to your special dish. Please note that all Chinese recipes on this site use this chicken stock as the basis for all recipes. 1L freezer and microwave suitable plastic containers can be removed from the freezer on the day and used as specified for that particular dish.

INGREDIENTS

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| <ul style="list-style-type: none">• 10L water• 8 Chicken carcasses (uncooked)• 2 Kg Pork bones (uncooked)• 8 tablespoons Salt• 8 tablespoons Sugar• 2 tablespoons Sesame oil• 6 Spring onions | <ul style="list-style-type: none">• 2 tablespoons MSG (optional)• 10 Garlic knobs• 1 large knob ginger• 1 tablespoon Black pepper |
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METHOD

1. Place large 20L cooking stock pot on stove and add 10L water and place on high heat.
2. Prepare chicken carcasses and pork bones by removing all unwanted excess fat and gristle and add to stock pot.
3. Prepare garlic by peeling each knob and slightly crushing and add these to stock pot.
4. Prepare ginger by peeling knob, slicing thinly and adding this to stock pot.
5. Add sesame oil and pepper
6. Prepare spring onions by cleaning and removing root end, slicing entire onion in half and adding to stock pot.
7. Bring to the boil and simmer for 2 - 3 hours. Stirring occasionally.
8. Remove from stove and allow to cool. Remove all bones and scoop all scum and vegetable residue from stock.
9. Add sugar, salt and MSG (optional) and stir until dissolved.
10. Using a suitable strainer fill 10 off 1L freezer and microwave suitable plastic containers and store within freezer compartment until required.
11. Please note this stock can be frozen for a period of 3 - 4 months without spoiling. It is only recommended to store this stock between 2 - 3 days refrigerated.
12. Enjoy.

ACKNOWLEDGEMENTS

Recipe with the compliments of Ray from the Chinese Kitchen Restaurant Riverton Western Australia.