

Chicken Stock Recipe

Ingredients:

2.6 liters water
2 whole chickens (3.5 kg total), including giblets, fat and skin removed and cut each chicken into 4 pieces
900 g chicken wings
6.6 liters cold water
220 g fresh ginger, cut into 3 pieces, lightly smashed
6 garlic cloves, peeled
1 bunch scallions, trimmed and cut into thirds
4 medium onions, peeled and quartered
100 g fresh coriander (cilantro), cut into thirds
¼ cup fried onions
½ teaspoon white peppercorns
100 g boxthorn seeds, soaked for 10 minutes
Salt to taste

Method:

In a large stockpot, bring 2.6 liters water to a boil. Add the chicken, chicken wings and giblets, bring back to a boil, and boil for 1 minute. This will bring the blood and juices to the top of the liquid. Turn off the heat. Pour off the water and run cold water into the pot to rinse the chicken. Drain. Place the chicken and giblets back into the pot. Add 6.6 liters cold water and all the remaining ingredients except salt. Cover the pot and bring to a boil over high heat. Add salt to taste and lower the heat to simmer. Leaving the lid slightly cracked, simmer for 4 1/2 hours. Skim off residue from the surface during simmering. Turn off the heat. Allow to cool for 10 to 15 minutes. Strain and pour into containers to store for later use. Cover and refrigerate for 4 to 5 days or freeze for up to 3 months.

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