

Maggie Beer's BIG MISSION

CHICKEN STOCK BRODO

Chicken stock is the hidden hero in hundreds of recipes, so it's vital that it's packed with flavour. With a basic template of chicken bones plus water, plus time, the recipe below is endlessly customizable.

PREP TIME: 20 minutes
COOKING TIME: 4 hours
SKILL LEVEL: Low

INGREDIENTS

10L	60L	
1.6kg	10kg	Chicken frames, chopped
350g	2kg	Carrots chopped
50g	300g	Celery chopped (remove the leaves)
300g	1.6kg	Brown onion halved (keep the skin on)
20g	100g	Parsley
20g	100g	Thyme
1.5L	80L	Cold water

METHOD

1. Place all ingredients into a pot (use a Bratt pan if in a commercial kitchen) and cover with cold water.
2. Turn the temperature on low and bring to a gentle simmer.
3. Allow to simmer for 3 – 4 hours. DO NOT BOIL THE STOCK AT ANY TIME.
4. Decant (drawing off the liquid without disturbing the sediment) into a large, deep gastronorm tray if in a commercial kitchen, or, deep stainless-steel tray and leave to cool to 60°C.
5. Place in the blast chiller if available at 60°C to chill rapidly.
6. Store stock requirements for soups and any wet dishes for the next two days in the fridge and freeze the remaining to use later in the week.

TIPS

- Celery leaves make the brodo cloudy, so remove before cooking.
- The brown skin of the onion helps give the brodo some colour so leave it on.

NUTRITIONAL INFORMATION

	Per serving (100g)	Per large quantity (60L)
Sodium	4mg	2720mg

