



Miele

Chicken stock

By Miele

15 minutes, plus refrigeration time

Preparation Time

1 hour 30 minutes

Cooking Time

2 litres

Serves

INGREDIENTS

- 1 kg chicken bones
- 1 brown onion, roughly chopped
- 2 carrots, roughly chopped
- 2 celery sticks, roughly chopped
- 2 parsley sprigs
- 1 bay leaf
- 2 litres (4 cups) water

METHOD

Induction cooktop method

1. Combine all ingredients in a large saucepan and bring to a simmer on medium heat, induction setting 5. Reduce heat to low, induction setting 3, and simmer, covered for 1 hour and 20 minutes.
2. Strain the stock and discard solids. Cool then refrigerate until completely chilled, about 6 hours.
3. Once cold, remove any fat on the surface.

Steam oven method

1. Combine all ingredients in a deep unperforated steam container. Place into the steam oven and Steam at 100°C for 1 hour and 30 minutes.
2. Strain the stock and discard solids. Cool then refrigerate until completely chilled, about 6 hours.
3. Once cold, remove any fat on the surface.

Hints and tips

- Add some dried shiitake mushrooms, ginger, garlic and coriander roots to your stock for an Asian-influenced stock.
- The carcass from a roast chicken can be used in the recipe.
- There is no need to peel the vegetables for this stock.
- Almost any vegetable can be used to make this stock, try using fennel or leek for a deeper flavour.
- Refrigerate stock for up to 5 days, or freeze for up to 6 months.