

Chicken Short Stock

Swick

Serves 2 | Active Time: 40 minutes | Total Time: 2 hours

Chef's Notes

Short stock is commonly prepared with water.

This approach can also be used to intensify the flavor and quality of existing stock, such as store-bought stock or 'regular' stock. In this case, the existing stock is used as the liquid, instead of water.

Preparing Your Mise en Place

To start your mise en place, first prepare the mirepoix by roughly chopping the onion, celery, carrot into 1/2" diced pieces. Next, clean and slice the leek.

Using the heel of a large, heavy chef's knife, carefully chop up the bones. Make sure to use a heavy European Chefs' Knife or cleaver to chop through bones. You could easily chip or damage the cutting edge of thinner, lighter-weight knives, such as Japanese-style knives. You could also ask your butcher to do this for you.

Step 1: Preparing Your Mise en Place

- 1 small onion
- 1 rib celery
- 1 carrot
- 1 leek
- 4 lb chicken bones (backs and necks)

Caramelizing the Bones and Mirepoix

To start, heat a large, stainless-steel pan over medium-high heat. Add the oil and once hot, add the bones in a single layer. You may need to cook the bones in batches so you don't overcrowd the pan. Let the bones brown without touching them for a couple of minutes. Then flip them over and continue to cook on the other side until nicely caramelized. As the bones cook, the hot fat will splatter and be quite messy. To avoid this, you could roast the bones in the oven. However, caramelizing in a pan is much faster. Once the bones are caramelized on both sides, transfer to a plate and continue with the remaining bones.

When finished, set aside and drain most of the excess fat from the pan. Add the mirepoix and cook until nicely browned. Toss occasionally, and once softened and caramelized, deglaze with the white wine. Once the wine has reduced, transfer the vegetables to a medium pot.

Add the reserved bones and cold stock to the pot. You can use water if you like, but the stock will add additional richness and flavor. The liquid should cover the bones by about 2 inches. Let simmer over medium heat for about 1 1/2 to 2 hours.

Step 2: Caramelizing the Bones and Mirepoix

- 1 to 2 tbsp grapeseed or vegetable oil
- 1/3 cup dry white wine
- 2 L/qt chicken stock (or water)

Cooking the Short Stock

As the short stock comes up to a simmer, skim off any excess fat and impurities that rise to the surface.

During the last 30 minutes of cooking, skim one last time to remove any excess fat. Add the bouquet garni.

Step 3: Cooking the Short Stock

- 8 to 10 parsley stems
- 3 to 4 sprigs fresh thyme
- 2 bay leaves
- 1 tsp whole, black peppercorns

Finishing the Stock

Once the stock is ready, carefully strain it through a sieve. For an even finer stock, strain it again through a sieve lined with cheesecloth.

The stock can be cooled over an ice bath and stored in the refrigerator or freezer; or, you can use it immediately to form the base for many great dishes and sauces.

Step 4: Finishing the Stock