



ALASKA CENTER FOR ACUPUNCTURE

Soup Stock

Quick soup stock tip from Sam and Kevin:

We save all of our vegetable scraps (carrot peeling and tops, celery bottoms, potato peelings, onion peelings, broccoli stems, kale stems etc.) in the freezer in plastic bags. We also save the bones when we cook a whole chicken or other meat. Once we have plenty of scraps (2-3 bags worth) it all goes in the stock pot, we fill the pot with water, add some vinegar and everything cooks overnight. Sometimes we add extra ginger or garlic as well. We strain the stock in the morning and then freeze the broth in large containers to use for making soup at a later time.

Chicken Stock - from “Nourishing Traditions” by Sally Fallon p.124

1 Whole free-range chicken or 2 to 3 pounds of bony chicken parts, such as necks, backs, breastbones or wings
Gizzards from one chicken (optional)
Feet from the chicken (optional)
4 quarts cold filtered water
2 tablespoons vinegar
1 large onion, coarsely chopped
2 carrots, peeled and coarsely chopped
3 celery sticks, coarsely chopped
1 bunch parsley

If you are using a whole chicken, cut off the wings and remove the neck, fat glands and the gizzards from the cavity. By all means, use chicken feet if you can find them – they are full of gelatin. (Jewish folklore considers the addition of chicken feet the secret to successful broth.) Even better, use a whole chicken, with the head on. These may be found in Oriental markets. Farm raised, free-range chickens give the best results. Many battery raised chickens will not produce stock that gels.

Cut chicken parts into several pieces. (If you are using a whole chicken, remove the neck and wings and cut them into several pieces.) Place chicken or chicken pieces in a large stainless steel pot with water, vinegar and all vegetables except parsley. Let stand 30 minutes to 1 hour. Bring to a boil, and remove scum that rises to the top. Reduce heat, cover and simmer for 6 to 24 hours. The longer you cook the stock, the richer and more flavorful it will be. About 10 minutes before finishing the stock, add parsley. This will impart additional mineral ions to the broth.

Remove whole chicken or pieces with a slotted spoon. If you are using a whole chicken, let cool and remove chicken meat from the carcass. Reserve for other uses, such as chicken salads, enchiladas, sandwiches or curries. (The skin and smaller bones, which will be very soft, may be given to your dog or cat.) Strain the stock into a large bowl and reserve in your refrigerator until the fat rises to the top and congeals. Skim off this fat and reserve the stock in covered containers in your refrigerator or freezer.