

# BOB

# 'S RECIPES

## GENUINE CHICKEN STOCK

by Bob the Chef

### INGREDIENTS

- 1 whole chicken
- About 6 litres (24 cups) water
- 2 carrots, cut in thirds
- 2 celery stalks, cut in four
- 2 medium-sized onions, cut in half
- 3 cloves and 3 bay leaves (optional)

### INSTRUCTIONS

1. Pick a large pot that can hold the whole chicken
2. Put the chicken in and cover with cold water
3. Bring the water to a boil, then add the vegetables and herbs
4. Reduce to low heat and let simmer for about 90 minutes. Regularly skim the fat at the surface with a spoon
5. Use a sieve to filter the stock and freeze in small portions for future recipes

### NOTE

Use the leftover chicken meat in your sandwiches and salads.



PREPARATION TIME: 5 minutes



BAKE: 1h40



SERVES: 4 L



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La Supérieure Butcher Shop  
Fruiterie 440  
Cavallaro Fine Foods



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