Soups / France

Chicken Stock

The quiet backbone of the French kitchen — bones and aromatics drawn out over hours of barely-trembling water until the liquid turns gold, gelatin-rich, and faintly sweet, never once allowed to boil.

Time 270 min **Servings** 4

What you'll need.

- ☐ 1000 g Chicken bones, backs, and wings (raw)
- ☐ 2000 g Cold water
- ☐ 120 g Yellow onion (halved, skin on)
- ☐ 80 g Carrot (rough chunks)
- ☐ 80 g Celery (rough chunks)
- ☐ 10 g Bouquet garni (thyme, parsley stems, bay leaf, leek leaf)
- ☐ 3 g Black peppercorns (whole)

Let's make it.

01 Place the bones in a tall stockpot and cover with about a third of the cold water (or fresh water to cover). Bring to a rolling boil over high heat for 2-3 minutes, then dump everything into a colander and rinse the bones under cold running water, scrubbing away any clinging gray foam and curdled blood. This blanching step is what gives French stock its clarity. Return the clean bones to a rinsed pot.

02 Cover the blanched bones with the remaining cold water — it should sit about 3 cm above them. Bring slowly up to heat, then drop to the gentlest simmer where only a few bubbles break the surface every second or two. After 30 minutes, add the onion, carrot, celery, bouquet garni, and peppercorns. Hold this bare tremble, uncovered, for 3-4 hours, skimming foam and surface fat with a ladle whenever it gathers. Never let it boil — boiling churns fat and protein into the liquid and turns it cloudy and greasy.

03 Ladle the stock through a fine-mesh sieve lined with a damp cloth into a clean container, leaving the last muddy inch behind. Do not press the solids — let it drip. Cool quickly: set the container in an ice bath, then refrigerate. Once cold, lift off the cap of solidified fat with a spoon. The finished stock should set to a soft, wobbling jelly when fully chilled — proof of well-extracted gelatin. Use within 4 days or freeze.

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Servings are an estimate; check quantities in the source recipe.
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