

THE FOOD SAFARI & HOME ELECTRONICS FAIR



CHICKEN STOCK Recipe by VIOLET OON

1	chicken
3	chicken carcass
12 cups	water
3 to 4	dried scallops, washed
1 knob	ginger, lightly smashed
1 plant	spring onion

Method

1. Wash the chicken well, peel off the skin and pour boiling water over the chicken and the carcass. Drain.
2. Boil the 10 cups water, add the chicken and the carcass, the dried scallops, ginger and spring onions and bring to a vigorous boil over high heat.
3. Continue to boil over high heat for 20 minutes till the essence of the chicken is extracted. Lower the heat to medium and simmer for 1 to 2 hours till the chicken stock is reduced to 6 cups. Drain over a sieve and keep the chicken stock (also known as a broth).